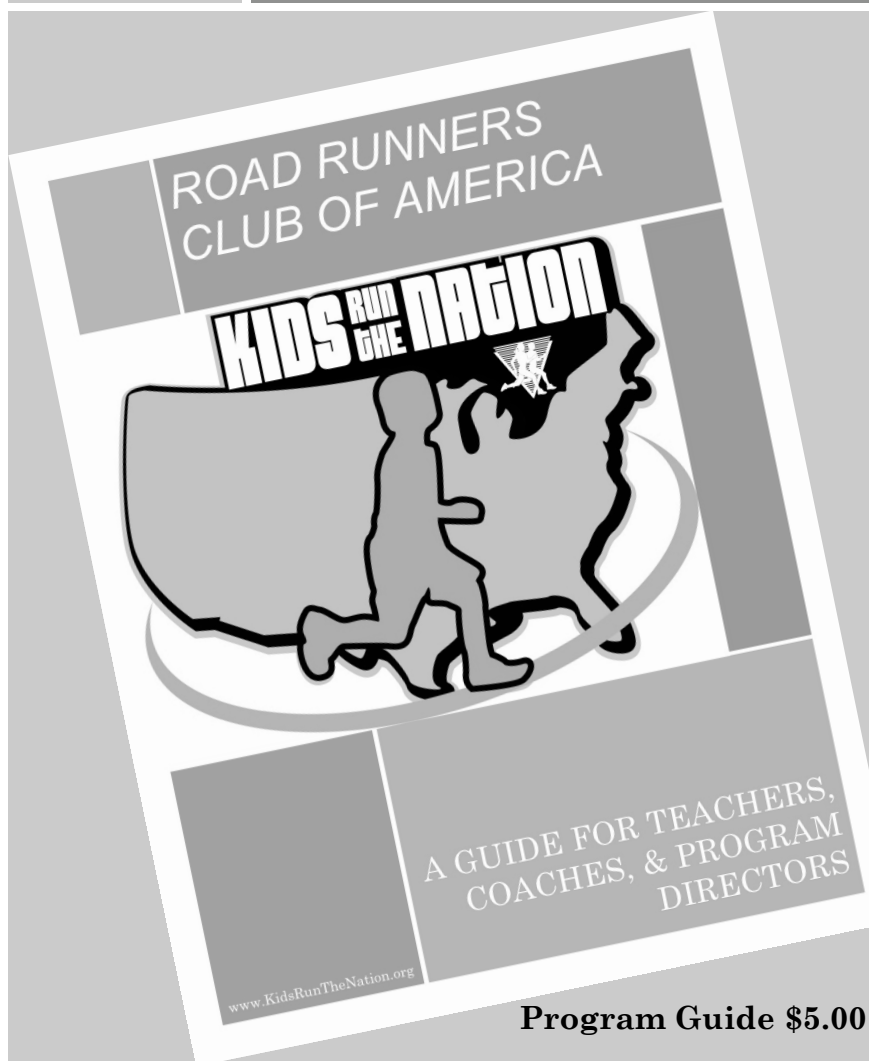


*ROAD RUNNERS CLUB OF AMERICA  
proudly presents the Kids Run the Nation  
Program Guide and youth running booklet*



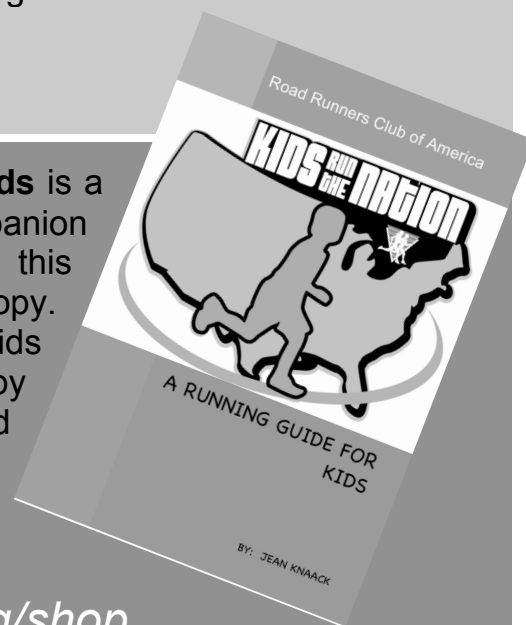
**Program Guide \$5.00 ea**

The Kids Run the Nation Program Guide is a 40-page, full-color, educational curriculum designed to help anyone interested in developing a youth running program. The Kids Run the Nation Program Guide is divided into 8 lesson plans, with a 9<sup>th</sup> bonus lesson. Each lesson plan can be taught during a one-hour class period over an 8-week time frame, with 30 minutes of instruction followed by 30 minutes of running.

This program is targeted at both girls and boys and can be implemented as a P.E. or wellness curriculum, a before or after-school program, or developed as a community-based youth running club. The emphasis of this program is on participation and developing a healthy lifestyle as opposed to the competitive aspects of running.

The **RRCA: Kids Run the Nation: A Running Guide for Kids** is a 12-page, full-color, 4x5 inch booklet designed to be a companion product for the Kids Run the Nation Program. However, this booklet is for sale for anyone interested in purchasing a copy. Teachers, coaches, or program directors that implement a Kids Run the Nation program are encouraged to purchase one copy of this booklet, and provide it complimentary to each child registered in their youth running program.

**Kids Booklet \$1.00 ea**



*Order your copy online today at [www.rrca.org/shop](http://www.rrca.org/shop)*



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