

# Attention K-4! Don't sit, RUN!



THERE'S STILL TIME TO JOIN THE NEW  
CRAZE AT PCK!

KIDS RUNNING AMERICA

Tie up your running shoes, join the Cougars running team and start running towards the finish line.

We meet on Thursdays ONLY, after school from 3:15pm – 4:15pm. Registration closes on March 6, 2012, but don't wait! Sign up sooner so you have more time to accrue miles!

We will meet for 10 weeks (started on 2/23) where kids will be able to accrue their \*marathon distance (26.2 miles) in a fun, group atmosphere. The Cougars team will then earn the unforgettable reward of coming together with other Kids Running America participants in a Final Mile Event held at City Park on April 28<sup>th</sup> where they will cross an actual finish line.

The entire program fee is only \$35.00! Kids will earn a finisher's medal, have great training incentives, awesome shirt, ability to keep track of their miles online, and lifelong bragging rights of being a marathon finisher!

Please register/sign-up on the PCK Cougars team online at [www.kidsrunningamerica.org](http://www.kidsrunningamerica.org).

If you have any questions, please contact Teresa Taylor, the Volunteer Lead Mentor for the PCK Cougars at 303-908-5231 or via e-mail at [teresa.taylor@comcast.net](mailto:teresa.taylor@comcast.net)

\*Please note that kids will need to accrue 25.2 miles prior to participating in the Final Mile Event to complete their last marathon mile. There will be assigned homework miles and additional opportunities throughout the 10 weeks to accrue 25.2 miles.