



# LET'S RUN – STEINBACH

Saturday, May 11<sup>th</sup> at 9:30 am  
Steinbach Soccer Park

Let's Run – Steinbach is excited to announce that registration is open! We invite you and your family to participate in our annual 5KM, 2KM and Mini Kid's running event on Saturday, May 11<sup>th</sup>.

Our 2KM Kid's Race has been created specifically for our K-Grade 4 students. For \$15 (\$25 with a race shirt) each participant will receive a fun filled morning including the race, food, a finisher medal, timed event, bouncers and more! We are accepting up to 350 participants in the 2KM so make sure to sign up early. You must sign up online as registration is not available on race day!

Let's Run will be offering a simple "4 Week Program" to help kids train. All those who participate in this program and hand in their completed form at the race will receive a free swim pass to a "Let's Run" pool party at the Steinbach Aquatic Centre. This swim pass is good for one participant (and an adult who must accompany them) during the evening of Sunday, May 26<sup>th</sup>.

- STEP 1:** REGISTER ONLINE BY APRIL 30th
- STEP 2:** COMPLETE THE 4 WEEK PROGRAM
- STEP 3:** COMPLETE THE 2KM RACE
- STEP 4:** POOL PARTY

Please visit our website to register and for more information:

[www.letsrunsteinbach.ca](http://www.letsrunsteinbach.ca)



## 4 WEEK PROGRAM

Each week has 3 days of runs scheduled. To complete a day, you need to run or walk for the time listed. We encourage you to train by running a minute, walking a minute, and then repeat until you have completed your time. Gradually you should be able to increase the time you are running.

(e.g. Week #1: 1min run/1min walk. Week #2: 2min run/1min walk)

To receive your pool pass you must hand in this completed form when you pick up your race package on Saturday, May 11<sup>th</sup>.

### APRIL 14 - APRIL 20

- Day 1: 6 minutes
- Day 2: 8 minutes
- Day 3: 10 minutes

### APRIL 21 - APRIL 27

- Day 1: 8 minutes
- Day 2: 10 minutes
- Day 3: 12 minutes

### APRIL 28 - MAY 4

- Day 1: 10 minutes
- Day 2: 12 minutes
- Day 3: 14 minutes

### MAY 5 - MAY 11

- Day 1: 12 minutes
- Day 2: 14 minutes
- Day 3: 8 minutes
- May 11: RACE!!

PARTICIPANT NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ GRADE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PARENT'S NAME: \_\_\_\_\_

(my child has completed the 4 Week Program)