



## Discover Running & A Runner's Mind Summer 2016 . . . **YOUTH RUNNING PROGRAMS**

*Running is the most common and fundamental form of exercise AND it is fun! Join us where youth (entering 2nd-8th grade in the fall) learn to run correctly, safely, and will have fun in a non-competitive setting. Important personal and social skills will be emphasized such as goal setting, hard work, being part of a team and doing your best.*

### **Class Times-**

**Grades 2-5: 9:30am- 10:15am**

**Grades 6-8: 10:30am- 11:30am**

### **Class Dates-**

**June 27,29,July 1 (M,W,F)**

**July 6,7,8 (W,TH,F)**

**July 11,13,15 (M,W,F)**

**July 18,20,22 (M,W,F)**

**Location: San Mateo High School Track**

### **WHAT'S INCLUDED WITH SIGN-UP:**

**Technical T-Shirt  
Hydration & Nutrition  
...and much more!**

**REGISTER: [www.burlingame.org/rec](http://www.burlingame.org/rec)**

**Questions: [jenny@arunnersmind.com](mailto:jenny@arunnersmind.com)**

