

DEAR PARENT,



Las Posas Children's Center is pleased to announce **RUN LPCC!** Kids who are in the 3rd-5th grade will have the opportunity to participate in a life-changing, physical program whose goal is to encourage positive emotional, social and physical development. **RUN LPCC** will begin the week of April 3rd and end on **Saturday, May 10th** with a Parent/Child 5K at Ventura Community Park (Kimball park). There is no cost to join this club...It's **FREE!**

We are excited as ever about this club and hope you and your child will be able to participate and benefit from it. It's a great way to bond with your child and get into 5K shape. It is not mandatory that you run the 5K in order for your child to participate but we encourage you to try. Your loving support is what is needed most!

We will be training with your child during afterschool care at LPCC so we recommend that he/she wear comfortable clothes and running shoes. Please have him/her bring a water bottle and sweatshirt on club days. Training days will be **twice per week**. You will receive a training guide so you can train at home.

Those who run the 5K will receive a **FREE RUN LPCC** t-shirt! Please fill out the Permission slip with your shirt sizes.

We will be looking for sponsors to help cover the cost of the shirts and other club items. For a \$100.00 donation (cash or check) you can advertise your business on the back of the **RUN LPCC** 5K shirts! Deadline to submit is April 18th.

If you are a runner who would like to share an inspirational story with our kids, we would love to hear from you. Contact your site Director!

We hope that you will notice positive changes in your child that will stay with him/her for a lifetime.

FIT FOR FUN, FIT FOR LIFE!

