



Come Train With Us!

Run, Jog or Walk for Children with Special Needs

- ▶ Do something for yourself
- ▶ Raise money for a great cause
- ▶ Half Marathon or 5K!

Questions? Email Coach Alexis at matrixmilers@gmail.com

What's Included:

13-week Training Program coached by Alexis Lynch, Matrix Board Member

Weekly training runs

Personalized fundraising page

Cross training opportunities

Tips from experts on key running topics

Free entry to the Santa Rosa Marathon half marathon distance (for the first 40 people who join the team upon completion of fundraising \$500). 5K participants will receive a discounted entry.

Fringe Benefits:

Family-friendly social events

A Matrix Milers technical running tee

Weekly prizes and giveaways

Free pair of Balega running socks

Join as a remote runner if you want to participate but can't train with us. Receive a Matrix Milers shirt, email support from Coach Alexis and invitations to team events.

Training Starts June 3rd

**Half Marathon Race Day
August 27th**

**5K Race Day
August 26th**



www.matrixparents.org

Matrix Parent Network and Resource Center is a 501(c)3 non-profit organization providing support and resources to families who have children with special needs.