



All Abilities Youth Summer Running Program

an inclusive summer running program for kids with and without special needs.

Siblings, family, and friends are encouraged to participate!

Coach Mark will lead a seven week kids' team training through the summer in preparation for the Santa Rosa Marathon 5K Race

With registration, each child will receive the following:

- ▶ Free registration to Santa Rosa Marathon 5K Race
- ▶ 7 week training program
- ▶ Weekly team training runs
- ▶ Team training t-shirt

Every child, regardless of ability, is welcome to join, train, and participate!

Training begins July 11th
5K Race Day is August 24th

Weekly practices Thursdays 5:30 pm • July 11 – August 22 • Howarth Park • Santa Rosa

[Sign up at MatrixParents.org](http://MatrixParents.org) • Can't race but interested in participating? Join us as a fundraiser or help us find sponsors for our team!

For further information contact Brianna: briannai@matrixparents.org



www.matrixparents.org

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