



Set a Summer Goal & Run a 5K with us

Join Matrix for an inclusive, virtual summer running program for kids with and without special needs

LET US KNOW HOW YOUR TRAINING IS GOING!

- ▶ Win a FREE registration to Santa Rosa Marathon 5K Race
- ▶ Follow the 6-week virtual training program
- ▶ Email us your running pictures with family, friends, or a selfie
- ▶ Receive a t-shirt

*Siblings, family, and friends are encouraged to participate!
To keep everyone safe this year our Mighty Miler meetings
and training program will be virtual.*

5K Race Day is Saturday, August 28th

Can't race but interested in participating?
Join us as a fundraiser or help us find sponsors!

Send your training pictures OR for further information
contact Kimberly: kimberlyg@matrixparents.org



To stay updated follow us on



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.