



# Set a Summer Goal & Run a 5K with us

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

## LET US KNOW HOW YOUR TRAINING IS GOING!

- ▶ Learn new ways to stretch and prepare for the 5K
- ▶ Come to all 6-practices of the training program if possible
- ▶ Email us your running pictures with family, friends, or a selfie

*Siblings, family, and friends are encouraged to participate!*

## 5K Race Day is Saturday, August 26th

Can't race but interested in participating?  
Join us as a fundraiser or help us find sponsors.  
[Check out our web page and stay updated!](#)

Send your training pictures OR for further information  
contact Gloria: [glorio@matrixparents.org](mailto:glorio@matrixparents.org)

To stay updated follow us on



[@MatrixParentNetwork](#)



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.