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: gloriao@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.