SPORTS BACKERS

Kids RUN RVA

Kids Run RVA was created by Sports Backers to give kids in the Richmond region the chance to have fun while being physically active. Join us by following the training guide below. **Then, celebrate with us on Saturday, October 29th at the Call Federal Marathon Jr!**

START

- Sep. 26 — 1/2 mile
- Sep. 27 — rest
- Sep. 28 — 1/2 mile
- Sep. 29 — 1/2 mile
- Sep. 30 — rest
- Oct. 1 — 1/2 mile
- Oct. 2 — rest
- Oct. 3 — 1/2 mile
- Oct. 4 — 1/2 mile
- Oct. 5 — 1/2 mile
- Oct. 6 — 1/2 mile
- Oct. 7 — rest
- Oct. 8 — 1/2 mile
- Oct. 9 — rest
- Oct. 10 — 1/2 mile
- Oct. 11 — rest
- Oct. 12 — 1 mile
- Oct. 13 — 1/2 mile
- Oct. 14 — rest
- Oct. 15 — 1 mile
- Oct. 16 — rest
- Oct. 17 — 1 mile
- Oct. 18 — 1/2 mile
- Oct. 19 — 1 mile
- Oct. 20 — 1/2 mile
- Oct. 21 — rest
- Oct. 22 — 1 mile
- Oct. 23 — rest
- Oct. 24 — 1/2 mile
- Oct. 25 — 1/2 mile
- Oct. 26 — rest
- Oct. 27 — 1/2 mile
- Oct. 28 — rest
- Oct. 29 — Race Day!

FINISH

BOO!

call federal MARATHON jr

Fill in the game board for every day that you complete (including "rest" days). Have fun!

Thanks to the generous support of the John Randolph Foundation and many individual donors for making our Kids Run RVA programs affordable and accessible to the region's youth.

SPORTSBACKERS.ORG