

Join us each week,
to become the **healthiest**
and **fastest** kids around.



who:

Kids who like to run a long, long, long, long way!

what:

The Cardston Ultra Kids 100 mile ultra marathon club

when:

Monday January 4, 2010 - 3:30pm- 4:30pm - and every Monday after that!

where:

We will meet at the Cardston Elementary School

why:

Good question! Ultra runners ask themselves that all the time!

I think it is so we can be healthy!!

how:

We will work through the "Happy Feet, Healthy Food journal of exercise and healthy eating" and keep track as we run 100 miles!

sponsors:

This is sponsored by the Parent Link Center and coached by Patricia Beazer

Call NOW to register at 403-653-7077