



Healthy Kids Running Series Spring 2022 - Northern Dauphin, PA

Lykens, PA

Sun April 24 - Sun May 22, 2022

Hello Healthy Kids Families!

Sunday at 4pm is our first race of the Spring Series at Loyaltown Park. If you haven't picked up your race bibs and shirts we will be set up and ready to go at 3:30. If you have any friends or family who have not yet registered you will be able to register on site, it is \$40 for all 5 weeks (includes t-shirt) or \$10/race.

If you are willing to volunteer this week we will need at least 5 parent helpers. Two at the finish line for the 50 yard dash and 75 yard dash along with at least 3 to help along the course for the 1/4 mile, 1/2 mile and mile to guide and cheer on the kids! or at the finish line please let me know when you arrive so we can let you know where we will need you. If you have a student who needs volunteer hours I will gladly give them a letter to show their volunteer hours if they can help.

We have lots of new faces with us so I will make a few announcements at the pavilion at 4pm and then we will get started with the 2/3 year olds and move on up the age groups ending with the mile runners. CPRS Physical Therapy will be stretching out our runners by age group before each race.

We will keep track of all the runners as they cross the finish line and award points by how they place (1st place 10 points, 2nd place 9 points etc.). Times will be recorded for the 1/4 mile, 1/2 mile and mile runners. Each week I will send out an email when the results are posted on the Healthy Kids Website. Week 5 we will have an awards ceremony with medals for each runner and trophies for 1st place and certificates for 2nd and 3rd.

Parents don't forget week 5 we will be having the one mile fun run for you to participate in!

Since theme weeks have been such a hit here is the schedule:

Week One- HKRS Shirts

Week Two- Crazy Hair/Hat

Week Three- Super Hero/TuTu

Week Four- Tie-Dye

Week Five- HKRS Shirts

This in person series wouldn't be possible without our amazing sponsors:

- CPRS Physical Therapy
- Lykens Valley Children's Museum
- MI Charitable Foundation
- Stars Tumbling
- Troutman Chevrolet, Buick and GMC

A special thank you to **Klinger Lumber** for supplying us with spray paint for the lines on the course and to Washington Township for allowing us to use Loyaltown Park.

If you have not followed us on Facebook please like our page Healthy Kids Running Series Northern Dauphin. I know this was a long email, but I wanted to make sure you had all the information. Please let me know if you have any questions! See you on Sunday.

Thanks

Chrissy

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[Contact Race](#)