



# Kokopelli Youth Summer Running Program

This program will focus on Running Fitness, Drills, Form, & the mental aspects associated with racing. The program will include running games for the younger ages, racing strategy for the older ages, and training methods on how to continually improve and enjoy running as a life-long habit.

6<sup>th</sup>-10<sup>th</sup> grade 9am-10am: at Bear Creek Park

1<sup>st</sup>-5<sup>th</sup> grade 10am-11am: at Bear Creek Park

*Presented By Running Coach Lisa Rainsberger*

*Kokopelli Kids Trail Running Series Director*

*Winner of the Boston Marathon*

*Founder and coach of TrainingGoals.com*

*Junior Olympic coach for Landshark's*

For more information and to sign up please contact:

Lisa Rainsberger

#337-2737 or [Lisa@TrainingGoals.com](mailto:Lisa@TrainingGoals.com)

Kokopelli Youth  
Summer Running  
Program

Who: 7-15 year olds

Where: Bear Creek Park

East parking lot

Program Times:

6<sup>th</sup>-10<sup>th</sup> grade 9-10am

1<sup>st</sup>-5<sup>th</sup> grade 10-11am

Program Dates:

June 2, 6, 7, 13, 14, 20, 21

July 1, 15, 26, 28

August 2, 4, 9, 11

Summer Program Cost:

\$150.00

Space limited so sign up  
by emailing Lisa at

[Lisa@traininggoals.com](mailto:Lisa@traininggoals.com) or

Call #337-2737

