

RUN WITH US THIS SUMMER

SUMMER YOUTH RUNNING PROGRAM

NORTH IDAHO
DISTANCE PROJECT

Who

Open to youth ages 8-18 who enjoy running, working hard, and having fun.

Dates & Location

June 20th-August 29th, 2023
Locations TBA In Coeur d'Alene

- Tuesdays, 7:30 – 9:00 AM
- Thursdays, 7:30 – 9:00 AM
- Fridays, 9:00 – 11:00 AM

More Info

Participants are grouped by ability and run from 2-8 miles on flat and hilly terrain. **Youth are asked to run at least one mile without stopping.** If runners are not yet able to do this, we ask that you join practice to accompany them until they are able.

Deadline

June 1st, 2023 or until full

Register Online:

→ **www.northidahodistance.org**

Cost

\$200 / RUNNER for the summer

Sibling discounts available. We are committed to ensuring finances are never a barrier for any kid interested in running. Reach out to us for more info: emry@northidahodistance.org