



# BORN to RUN

## YOUTH TRAINING PROGRAM

Join LSF as we prepare young runners for 3Ks, 5Ks and even half marathons! Our team of high energy, fun, professional trainers will focus on individual progression tracking with each of our runners. Runners will learn how to breathe, focus on footwork and stride while being conditioned in a fun, social atmosphere. We'll utilize Lakeshore's 1/4 mile indoor track, training studios and equipment, outdoor rooftop and more to build progress. We'll share workouts with parents each week as well as a Parent Progress Report at the end of the session.

This program is open for runners ages 8 through 14. The session runs 10 weeks long but runners only pay for 8 as 2 weeks are built in as makeup days. If you can make it to all 10, please do! Dates run April 1st through June 8th. We'll have a group participate in Run for the Zoo 5K/10K on June 3rd to culminate the training program with this race! (Individual race registration is required through Lincoln Park Zoo.)

Register with us via [MyLSF.net](http://MyLSF.net) or email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

### Session Dates:

April 1st  
Mon & Wed  
4:00-5:30pm  
10 Weeks

### Pricing:

\$299 member  
\$399 non-member

### Registration:

Please enroll online at  
[www.MyLSF.net](http://www.MyLSF.net)

### Please note:

Guests may only participate for  
1 session term

For additional  
information contact:

**773.770.2422**

[KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com)