



The habits we form as children stay with us for life. Healthy habits like physical activity at an early age keep us healthy as we age, lowering the risk of diseases like heart disease and diabetes.

The Youth Running Series is a non-profit organization affiliated with Run Nova Scotia and Athletics Nova Scotia. This development series offers youth (17 years of age and under) an opportunity to engage in running at all levels as a means to a healthy, active and positive lifestyle. YRS offers races of 1 km to 3 km in distance and encourages participation by those of all abilities.

Age Categories

<u>Year of birth</u>	<u>Category</u>
2001 and after	Mosquito
2000 - 1999	PeeWee
1998 - 1997	Bantam
1996 - 1995	Midget
1994 - 1993	Juvenile

Cost:

Registration fee is \$4.00 per youth per race
 Full series cost per youth is \$20
 Full series family cost is \$40
 – BEST DEAL!

Distances:

<u>Track Races</u>	<u>Distances</u>
Mosquito	1 k
PeeWee	1 k
Bantam	1.2 k
Midget	2 k
Juvenile	2 k

<u>X-Country Races</u>	<u>Distances</u>
Mosquito	1 k
PeeWee	1.5 k
Bantam	1.5 k
Midget	3 k
Juvenile	3 k

For more information:

www.youthrunningseries.ca
 Phone #: 902-488-0890

Facebook: youth running series
 Email: youthrunningseries@gmail.com

Calendar of Running Events:

Name of Event	Date	Time	Location
Storm the Park XCountry	Saturday, May 1	10 am	Point Pleasant Park, Halifax
Beazley Track	Sunday, May 16	1 pm	Beazley Sports Complex, Dartmouth
Maritime Heart XCountry	Saturday June 12	10 am	Gorsebrook Field, Halifax
MacPass Miles	Sunday, August 1	7:30 am	Macdonald Bridge, Halifax/Dartmouth
Forest Hills XCountry	Saturday, October 2	10 am	Cole Harbour Common, Cole Harbour
Bridgewater XCountry	Saturday, October 16	1 pm	The Municipal Activity and Recreation Complex (MARC), Bridgewater
Beazley XCountry	Saturday, October 30* <small>* Dress up in a Halloween costume and win a prize</small>	1pm	Beazley Sports Complex, Dartmouth
Year-end Banquet	Sunday, Nov 14	1pm	Lake Banook Canoe Club

What do you get?

- Trophies and medals are awarded to the top three finishers at each race.
- Participation trophy to the youth that shows the most motivation at each race.
- School participation trophy – for the school with the most runners at each race.
- Ribbons for all the participants.
- Top three finishers in each age category and those who have participated in four or more races will be honoured at the annual YRS year end banquet.
- Results for each race are posted on the YRS website.
- Water/Gatorade and lots of encouragement are free!

HEY, GET ACTIVE!

Youth Running Series looks for your support in developing our youth in fitness and fun through the sport of running. If your kids enjoy running and you see the value of what YRS has to offer, consider volunteering your time for a single race or the entire season. Come out and see how fun it can be!!

Capital Health SCHOOL PARTICIPATION Challenge

Don't forget, \$600 can be won by the school with the highest number of runners from the seven races in the series. For more information, please see our website at www.youthrunningseries.ca.

Thank you to our sponsors and supporters

