

Oxford  
**PARKS & RECREATION**

Ready, Set,  
**RUN!**  
YOUTH RUNNING PROGRAM

National  
**ALLIANCE**  
For Youth Sports

**Ready, Set, Run!** is a character-building running program sponsored by the National Alliance for Youth Sports which equips youth runners with the physical training and goal-setting mentality needed to accomplish their running goals. This program focuses on:

- *Training to complete a 5K*
- *Enhancing confidence & self-esteem*
- *Respecting authority*
- *Dealing with peer pressure*
- *Proper nutrition*

**Who:** Boys and Girls, Ages 8 - 13 (age as of June 6th, 2022)

**Why:** To train kids to run a 5K, promote physical activity & have fun!

**When:** Monday, June 6th (First Session) 9:00 - 10:30 a.m.  
June 6th - August 4th (Mondays and Thursdays, 9:00 - 10:30 a.m.)  
5K Event - August 4th (Time: TBD)

**Where:** Oxford Community Park, 6801 Fairfield Rd.

**Cost:** \$100 Residents / \$110 Non-Residents  
Includes t-shirt and participant manual

**Registration:** Registration is OPEN through June 1st  
In-person: Oxford Parks & Recreation Department  
Online: [www.cityofoxford.org/OPRD](http://www.cityofoxford.org/OPRD)

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