



***running MATES** is a running program for children ages 5-12. Our mission is to be a positive sports team experience and provide a foundation for physical fitness for children who have difficulty with social interaction and team sports.*

***running MATES** helps kids learn social skills and train for a 5K race, but it is more than a running group. It is an opportunity to enhance social interaction with other children, increase self-esteem and succeed in a mainstream sport.*

### **PROGRAM**

*10-week session with weekly meetings.  
Each meeting lasts 1 hour and includes:*

- 👤 a social skills lesson related to group running*
- 👤 a group run with volunteers*

### **LOCATION**

*Emory University  
Student Activity & Academic Center  
1946 Starvine Way  
Decatur, GA 30033*

### **FALL 2015 DATES**

*September 16—November 18  
Wednesdays at 4:30 pm  
Race Day is Saturday, November 21, 2015*

### **COST AND REGISTRATION**

*New runner: \$125*

*Alumni/sibling: \$100*

*Session fee includes:*

- 👤 **running MATES** t-shirt*
- 👤 weekly Toe Token™ charm*
- 👤 race registration for 5K*
- 👤 finisher's medal*

*Online registration and registration forms are available at [www.runningmates.org](http://www.runningmates.org).  
Registration closes the first week of the program.*