



# KIDS RUN CLUB

2017 TAPHE  
Partner Award



## Kids Run Club - Making Running Fun

For 16 years, Kids Run Club (KRC) has been a trusted partner working with Nova Scotia's teachers to build school cultures that promote active and healthy living. KRC is a no-cost, school-based running program that is easily adaptable for all ages and abilities and can be implemented during class time, at recess or as an extracurricular activity before or after school.

The goal of KRC is to give children and youth a chance to be active and to learn about healthy lifestyles. KRC teaches participants about proper technique and pacing, and how to balance the challenge of running with taking breaks so all students can feel successful and take pride in being part of an inclusive and fun club.

Want to join the fun and be part of the change? Visit [www.kidsrunclub.ca](http://www.kidsrunclub.ca) to learn more and register your school.

### How KRC Works

School KRCs usually run up to three times per week and build their endurance to take part in a final fun run of 2.1km, 4.2km or 5km. Although some of our clubs will run year-round, most KRCs will run for 12 weeks in the spring on average two times per week.

### Hands-on Support

KRC reps assist with tailoring programs to fit the needs of your school. They provide hands-on support through on-site healthy living presentations and running clinics for participants. They also connect schools with community resources like final fun runs.

**96%** of coaches feel that KRC provided an opportunity to prevent/delay girls from dropping out of physical activity.

**97%** of coaches say KRC is easy to implement.

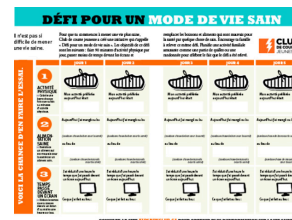
**78%** of our coaches say that KRC attracts kids who are less active.

**91%** of coaches believe that KRC helped students be more aware of the importance of being active and eating well.



## Resources

KRC provides ready made resources for teachers to use to run a fun, engaging and impactful program. Running logs, runners handbooks, participant certificates and a healthy living challenge are available on the KRC website at [www.kidsrunclub.ca](http://www.kidsrunclub.ca) in both English and French.



## Accessible & Inclusive

KRC has a flexible program design to meet your students where they're at. KRC can be adapted to fit the needs of all abilities and fitness levels to ensure participants enjoy running, build confidence and feel successful.

KRC also offers a girls-only program targeting junior high and high school aged females to offer a safe and inclusive environment without social pressures that often accompany co-ed groups at that age. KRC coaches of girls only program believe the club helped to prevent/ delay girls from dropping out of physical activity.

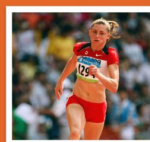
## Ambassadors

KRC is lucky to have amazing ambassadors that help us inspire and motivate participants to fall in love with running and active living. Olympian Adrienne Power, Para-athlete Ben Brown and AUS All-Star/ KRC alumni Hudson Grimshaw-Surette believe in supporting accessible and fun opportunities to get kids active. Connect with us to find out how you can have a KRC ambassador visit your club.

## KRC Swag



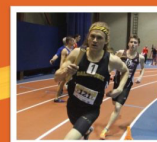
### Ambassadors



Adrienne Power



Ben Brown



Hudson Grimshaw-Surette



All participants receive a finisher prize as an incentive to take part in KRC.



As a thank you, all KRC coaches receive a special gift each season, like our KRC running buffs.

## Contact Us



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