



KIDS RUN FREE Loughborough



We'll see you at Southfields Park!...

All abilities welcome from toddlers to teenagers and everyone in between. Safe, fun exercise for all the family and it's FREE to take part.

To register for the Loughborough event or to find another event near you, please visit

www.kidsrunfree.co.uk

Sponsored by



**Charnwood Sport & Active
Recreation Alliance (CSARA)**

**Running events on the 1st & 3rd
Saturdays of the month for 0-16's at:**

**Southfields Park,
Southfield Road,
Loughborough,
LE11 2TX**

**Running starts at 9.00am, please arrive
at 8.45am for warm ups!**

**Your children can run as much as they
want to.**

**Parents are welcome to join in and take
part in child & parent relays !**

Register for FREE at:

www.kidsrunfree.co.uk

Background

Kids Run Free is a charity that organises fun, running based activities for children in their local parks and schools. Currently we have two children's running programmes: Kids Run Free Running Races and Kids' Marathon (see our website for more details).

Kids Run Free is a sister company to Raceways, a running/triathlon event management company whose profits go directly to the charity.

The Need

We are currently facing an unprecedented health risk in the UK with the Department of Health stating in 2013 that 28% of children aged between 2 and 15 were classed as **overweight or obese**.



Physical activity rates are also at an all-time low. A report from Ofsted in 2013 found that a third of primary schools were failing to provide effective PE for pupils.

Out of school, the situation is even worse with many children choosing to spend their leisure time indoors on computers and game consoles instead of playing with friends outside.

Our charity, Kids Run Free works hard to address these issues and to provide opportunities for children to take part in regular physical activity in a safe, fun environment.

Sustaining positive outdoor exercise habits throughout a person's lifetime can:

1. Help sustain health and boost immune system
2. Allow exposure to sunlight (vitamin D)
3. Build strong bones
4. Help maintain a healthy weight
5. Increase confidence and self-esteem
6. Increase performance in the workplace/classroom

The Detail

Kids Run Free running races are designed for children of all abilities and all young people under 16 are welcome, even toddlers!



The events replicate all the fun of a sports day with parents cheering and children sprinting to the finish line.

We want all young people to experience the joy of running in their local parks and it's **FREE**.

Follow us on:

Facebook: Kids Run Free Loughborough

Twitter: @kidsrunfree
@kidsmarathonuk

To find a location near you or for further information, please visit www.kidsrunfree.co.uk or email: info@kidsrunfree.co.uk

If you are interested in fundraising, partnering or volunteering for us, we would love to hear from you please contact volunteers@kidsrunfree.co.uk