



# 2017!

We are very excited to bring another fun session of **iRun4Life** to Kutz Elementary. iRun4Life is a fun, non-competitive running program designed to promote fitness and healthy lifestyles with our kids. iRun4Life focuses on exercise, healthy nutrition, and doing "Pay it Forward" Good Deeds in our community. We will combine running, stretching, and relay games. Training will start on **Monday, March 20**, continue for 9 weeks (with no session on Monday April 17) with our goal event being the annual **Kids Only 3K Race at Central Park in Doylestown Township on Sunday, May 21**. Participation in the race is voluntary and there is a separate registration fee for the race. For more information about the iRun4Life organization, please visit [www.irun4life.com](http://www.irun4life.com). Registration will open on February 13, 2017 and run until we have filled the program.

First and foremost, we need volunteers! The program cannot operate without your help and participation. For this year, we will cap registration based on the number of volunteers. We need running team coaches, assistant coaches, traffic volunteers and snack assistance. With an expected enrollment of 225 kids, we will need at least 45 volunteers. Therefore, we will open registration at 100 available slots. For every volunteer who registers and commits to participating each week, we will open five more registration slots. If you are able to help, please indicate so during the registration process. Note that effective this year you will need to complete the state mandated background check process before the program begins on March 20. In order to volunteer for iRun4Life, we ask that you consult this link (<http://cbsd.org/Page/355>) and follow the directions.

Changes to our Kutz iRun4Life program in 2017 include:

- **Reduced cost!** The registration fee has been reduced to \$18 per runner! We have learned how to run a very efficient program and we are now able to reduce the 2017 fee by \$7 per child.
- **Improved database for registration and mileage recording** – [www.irun4life.net](http://www.irun4life.net) has been upgraded for everything from sign up (runners and volunteers), to recording miles and deeds. If you had a child in the program last year, your log in information has not changed.
- **iRun4Life Incentives** – the biggest incentive for participation this year is having fun with friends and living a healthier lifestyle. We'll be mixing in a few small giveaways based on donations made to the program, but distance run will not provide any advantage in order to keep the program fun and fair for all.
- **Open to first graders!** – We're opening the program to younger kids this year.
- **GOAL RACE** – Our goal race is a Kids Only 3k at Central Park on Sunday, May 21. This is a separate registration and any K – 6<sup>th</sup> grade student can participate (**unlike the school program which, due to the number of volunteers and capacity of the Kutz gymnasium, is only open for 1<sup>st</sup> – 6<sup>th</sup> graders at this time**).
- **iRun4Life WITH YOUR PARENTS** – Each child can record double mileage if they run with a parent or guardian.

**iRun4Life** is open to **1<sup>st</sup> through 6<sup>th</sup> graders**. We will practice on Mondays from 3:45 pm to 5:00 pm in the gym from March 20 - May 15. We will run rain or shine! The fee per child to help defray the cost of t-shirts, materials and snacks is as follows: \$18 per runner. Notes about program cost and registration:

1. *Separate registrations are required for each runner, so please apply the discount when sending in your check or providing payment on-line.*
2. *This program is 8 sessions of 1.25 hours (i.e. less than \$2 per hour!), provides substantial opportunity to learn about healthy lifestyle, and is run exclusively by volunteers. It is a non-profit program, and any funds remaining after normal expenses will be used only to benefit the Kutz iRun4Life program.*

**REGISTRATION INSTRUCTIONS ARE BELOW. THE REGISTRATION DEADLINE IS FRIDAY, March 3.**

**Note: If we have enough volunteers and have not hit capacity, and are therefore able to accept registrations after March 3, we will not be able to guarantee a properly fitting t-shirt or water bottle for late registrations.**

## **Registration:**

### **Parent registration and login:**

Please register your children online. This registration process includes signing a waiver and providing all student information. It's very easy to sign up online. Please go to [www.iRun4Life.com](http://www.iRun4Life.com) and click on the orange "Parents – Register & Login" icon.

*Please note that once you register as a parent, you will then AND ONLY THEN be able to register your child(ren). You do not need to volunteer in order to register a child.*

### **Student login for miles and deeds:**

Please go to [www.iRun4Life.com](http://www.iRun4Life.com) and click on the red "Kids – Log Your Miles & Deeds" icon.

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Please note that you will not receive any confirmation or additional forms after you register. Once you have registered your child(ren), please log in to the platform to confirm your information was received. Your email will be added to the weekly email list for the duration of the 8 week program.

If you would like to request that your child be placed on the same team (or a different team) than another child, please send an email to us at [irun4lifekutz@gmail.com](mailto:irun4lifekutz@gmail.com). We'll do our best to accommodate all requests! Team information will be sent via e-mail one week before program start.

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## **Payment information:**

Each registration is \$18. We cannot offer discounts for multiple children due to reducing the fee for 2017, but you'll notice that even with multiple kids the fee is still lower! Woot!

Please use the on-line payment process if at all possible. If you have not yet used the MyPaymentsPlus platform, you will need to complete the signup process.

[www.mypaymentsplus.com](http://www.mypaymentsplus.com)

Once logged in you will see a heading titled "Kutz Student Activities" – click the + sign to open it. You will then see "Kutz iRun4Life 2017" and a link for details. Check the "Pay" box to the right and then click the "Continue Payment" button.

Alternatively, you can send payment via check (made out to "Kutz H&S") either to school with your child or by mail to:

Kutz H&S  
**Attn: iRun4Life**  
1950 Turk Rd  
Doylestown, PA 18901

Payments, even those submitted by check, must be received by the registration deadline – no exceptions. If your payment is not received by the deadline your child will not be allowed to participate.

You will receive a confirmation email when your payment is received. If you have any questions, feel free to contact us at [irun4lifekutz@gmail.com](mailto:irun4lifekutz@gmail.com).