

Are you A MILER?

SPRING 2017



WHO: ELEMENTARY AND MIDDLE SCHOOL STUDENTS OR ANY BOY OR GIRL WHO CAN RUN OR WALK-RUN A MILE.

WHEN: _____ WHERE: _____

Register at www.runamile.org | Certificates and Training Cards to all participants *T-Shirts to Sponsored Schools (apply early)

*ARA Email: miler@americanrunning.org and call 1-800-776-2732 x 12 or 13 | An American Running Association Production™ | www.americanrunning.org