**Runnin’ For Rhett Youth Fitness Program**

**Get ready for a FREE six-week running program that includes fun and movement.**

We are excited to announce that your child’s school was selected to participate in the Runnin’ for Rhett Youth Fitness Program. We invite you to join us and learn more about running and physical activity in a **FUN** environment that encourages pride in movement all in honor of **Rhett Seevers**. The program will help with strength, flexibility, balance and cardiovascular fitness while preparing your muscles to run without injury. We also hope you become more active on the other days and encourage your friends and family to be active with you.

Rhett Seevers was born on February 7, 1997. His parents, Beth and Randy Seevers brought home their bundle of joy to join their family of four. At four months, they were devastated by the news that their little boy was diagnosed with severe cerebral palsy and would face a life full of challenges. They dove in headfirst and learned all they could about his disabilities. On March 13, 2004, after 7 years of full-time care, love and devotion, Rhett passed away at home unexpectedly with his family by his side.

In the spring of 2005, as the anniversary of Rhett’s death approached, a friend of Beth’s introduced her to running. She learned of a new half marathon race. That race was ironically being held on the first anniversary of Rhett’s passing. Once learning of this, Beth trained and completed the run. Finishing the run was such an inspiration to Beth, so much that the following year, she asked that her friends and family join her. Join her they DID. On December 7, 2007, the "Runnin’ for Rhett Non-Profit Foundation" was formed. The organization has grown to over 4,000 participating runners, walkers and volunteers.

In Rhett’s short life, he inspired many people with his infectious smile and his will to live, but with his challenges, he could not walk, run or jump – no matter how hard he tried. After Rhett’s death, Beth and Randy dedicated their memory of Rhett to utilizing FITNESS and MOVING to help others – do what Rhett wanted to do so badly but couldn’t.

The Runnin’ for Rhett mission is to **LET RHETT’S STORY INSPIRE** those who feel defeated, **UPLIFT** those who feel down and **ENCOURAGE** **ALL TO** take that first step, like Beth did in the spring of 2005, and **MOVE INTO LIFE**.

**Program Highlights**

* FREE (A tax deductible donation of $15 to help defray costs would be appreciated, but is not necessary.)
* Run/Walk- no experience needed
* Open to grades\_\_\_\_\_\_\_\_\_\_\_\_
* Practice is every \_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_
* Practice starts at \_\_\_\_\_\_\_ and ends at \_\_\_\_\_\_\_\_
* Culminates in the **Run Because You Can 5K on April 28, 2024**
* Program consists of warm up drills, running and walking, conditioning stations, and cool down stretches
* Participants receive a Runnin’ for Rhett baby blue t-shirt, wristband, free registration to the **5K race**, and finisher’s medal.

**To learn more about the Youth Fitness Program**: <https://vimeo.com/73749350>

*\*\*If you are interested in joining the Runnin’ For Rhett Youth Fitness Program at your child’s school, please complete the registration form at the link below by March 29.*

[*runninforrhett.org/youth-fitness/parents*](https://runninforrhett.org/youth-fitness/parents/)

**\*\*Participants in the program must be available to run the 5K race on April 28, 2024.**