**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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 13th, 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 ½ 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" was formed. The organization has grown to over 4000 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 a **5K on December 7, 2024**
* Program consists of warm up drills, running and walking, conditioning stations, games 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. Also, a brand new sports bra from Bras for Girls (include if you’d like).

**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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, please complete the registration form at the link below by October 27.*

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

**\*\*Participants in the program must be available to run the 5K race on December 7, 2024**

**Runnin’ For Rhett Youth Fitness Program青少年健身計劃**

准备一个免费的六周锻炼计划，其中包括游戏、接力和运动。

我們很高興地宣布\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_被選中參加的 Runnin’ for Rhett 青年健身計劃。 我們邀請您加入我們，並在

有趣環境中了解有關跑步和體育鍛煉的更多信息，該活動鼓勵人們以運動為榮，以紀念Rhett Seevers。 該程序將幫助您增強

力量，靈活性，平衡性和心血管健康，同時讓您的肌肉無損傷地運作。 我們也希望您在日子變得更加活躍，並鼓勵您的朋友

和家人與您一起參與的活動。

Rhett Seevers出生於1997年2月7日。他的父母Beth和Randy Seevers帶回了自己的喜悅，加入了他們的四口之家。 四個月大的時候，他們被小男孩被診斷出患有嚴重腦癱的消息震驚，他們將面臨充滿挑戰的生活。 他們先入為主，並了解他的殘疾狀況。 2004年3月13日，經過長達7年的全職照顧，愛與奉獻，（Rhett）意外地在家人的陪伴下離世。

2005年春季，隨著Rhett逝世一周年，Beth的一位朋友向她介紹了跑步的道理。 她得知了一場新的½馬拉鬆比賽。 具有領略意味的是，那場比賽是在Rhett逝世一周年之際舉行的。 得知這一點後，（Beth）訓練並完成了跑步。 結束跑步給貝絲帶來了很大的啟發，以至於第二年，她要求她的朋友和家人加入她的行列。 和她一起做這件事。 2007年12月7日，成立了 **Runnin’ For Rhett”** 非營利基金會。 該組織已發展到4000多名參賽者，步行者和志願者。

在（Rhett）短暫的一生中，他富有感染力的微笑和他的生活意志激發了許多人，但面對挑戰，無論他多麼努力，他都無法走路，奔跑或跳躍。 Rhett去世後，Beth和Randy對Rhett的記憶致力於利用FITNESS和MOVING幫助他人–做Rhett想要做的很糟糕但不能做的事情。

Runnin's Rhett的使命是讓感到挫敗的人成為RHETT的故事靈感，讓沮喪的人振奮精神，鼓勵所有人踏出第一步，就像2005年的春天的Beth一樣，並活出生命。

**計劃重點:**

* 免費（將為您支付15美元的免稅捐款，以幫助其支付費用，但這不是必須的。）
* 跑步/散步-無需經驗
* 年級：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* 練習是每個\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_和\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* 開始練習於\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_完結\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* 2023 年 12 月 2 日在 5K 比赛中达到顶峰
* 活動程序包括熱身訓練，跑步和步行，調節站，遊戲和放鬆伸展運動
* 参赛者将获得 Runnin’ for Rhett 淡蓝色 T 恤、腕带、5K 比赛的免费注册和完赛奖牌。此外，来自 Bras for Girls 的全新运动文胸 (include if you’d like)

知多些關於青少年健身活動(Youth Fitness Program ): <https://vimeo.com/73749350>

\*\*如果您有兴趣加入您孩子学校的 Runnin’ For Rhett 青少年健身计划，请在 10 月 27 日之前填写以下链接的注册表。

以下綱址的註冊表。*www.runninforrhett.org/youth-fitness/parents*

该计划的参与者必须能够参加 2023 年 12 月 7 日的 5K 比赛。