**Runnin’ for Rhett Youth Fitness Program**

**A *FREE* six-week running program that includes FUN and MOVEMENT!**

 *The program will help with strength, flexibility, balance and cardiovascular fitness while preparing your muscles to run without injury*

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**.

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. 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 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.

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. We’ve had over 50,000 kids and 70 schools participate in the program since the organization was formed.

**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 6, 2025**
* The 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.
* Bras for Girls organization is donating sports bras to participants

**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 with your child,*

*[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 6, 2025, at William Land Park\*\***