



SHARE new mexico™

Run Fit

RunFit is aimed at curbing the growing epidemic of childhood obesity by creating a running and/or walking program for children at after-school (or before school) programs across the Albuquerque Public School District. The program is provided free to public and private elementary schools, as well as homeschools. Physical educators, classroom teachers, and parents can incorporate RunFit into their curriculum, after school programs, and at home with their families.

RunFit is a fun program which motivates and trains children 5-13 to run one mile to 5 kilometers (3.1 miles) through active participation on a RunFit team. Participants learn to set and achieve challenging personal goals and are awarded incentives for attendance and improvement and culminating in local RunFit running events. RunFit, while intended to be physically challenging, is designed for children of all fitness and athletic levels.

Details

Ages: Children and Youth Teen

Genders: All

Minimum Age: 5

Maximum Age: 13

Contact: Stephen Pino

Contact Email: stephenpino@hotmail.com

Services

Leisure/Recreation/Sports Youth Development

Locations

*12104 Palm Springs Ave NE
Albuquerque, NM 87111*

Phone: (505) 217-4774

Parent Organization

Run Fit

RunFit was launched as a bold joint initiative aimed at curbing the growing epidemic of child obesity by creating a running program for children at after-school programs and in-school programs across the district

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Type: Nonprofit

EIN: 263470036

<http://www.irunfit.org/>