



Run Your Life Clubs for Kids

www.runyourlife.org PO Box 1263, McHenry, IL 60051

Run Your Life is a 501 c3 non-profit community group providing opportunities of healthy growth for the children and families in McHenry County and surrounding communities. We advocate children being in charge of their lives, not blaming others, embracing their responsibilities, learning and getting in touch with who they really are and integrating themselves into their communities. Some of the many opportunities **Run Your Life** provides include: self acceptance, social interactions, physical activities, creative learning workshops, and more. **Run Your Life's mission** is to provide opportunities of healthy growth and choices, a firm sense of community, and an appreciation of our responsibilities.

Our Club Run Your Life age-based programs are the means to which we promote our core principles. They've been designed for children to have a safe place to learn, grow, have fun, and accept themselves fully. **Run Your Life was created as an addition to children's lives**, not in replacement of any activity they are already involved in; **a fun community club**. We believe that a **solid sense of community** is important in guiding children and creating a connectedness among its members. **We encourage kids to come as often as they can and we look forward to having them join in!**

What are our core principles?

- * **Running Our Lives:** Taking charge of our lives; not blaming others
- * **I Am Amazing!:** Everyone is amazing; embracing exactly who we are as well as respecting everyone for who they are as well
- * **Response-ability:** If we're feeling it, it's ours; we choose how we respond to situations
- * **It's All About Choices:** All choices have consequences, choose wisely; The choice game
- * **We're All in This Together:** Taking care of each other and the planet; Community 101: Plugging in

When and where do Clubs Run Your Life for Kids meet? The **2nd and 4th Saturdays** Sept.26-Mar.6th.

Sept. 26, Oct. 10 & 24, Nov. 14, Dec. 12, Jan. 9 & 23, Feb. 13 & 27, and Mar. 6th

***K-2nd Grade: 9-10:15AM, Edgebrook Elementary School, McHenry**

***3rd-5th Grade: 10:15-11:30AM, Edgebrook Elementary School, McHenry**

Our Spring Running Club for Kids K-5th grade meets April 7, 14, 21, 28

Duker School, 4:30-5:15PM. Let's get ready for our 5K on May 2nd!

***6th-8th Grade: 6:30-8PM, Duker School, McHenry**

Our group is **very social** and **"group oriented"**. **Come "hang" with us!**

Our Winter Running Club for 6th-8th Grade meets Jan. 6, 13, 20, 27, Feb. 3, 10, 17, 24 at Duker School 4:30-5:30PM

Family Open Gym & Game Time

When and where is Family Open Gym & Game Time?

Sunday afternoons, 12:30-2PM during the Winter:

Nov. 8, 15, 29, Dec. 6, 13, 20. Jan. 10, 17, 24, 31, and Feb. 7, 21, and 28.

All families must fill out an Activity Release Form and All children must be accompanied by their parent/custodian.

This is a great opportunity to get out of the house during the cold weather and play with your family. Come shoot some hoops in the Gym or play a board game in the Café...feel free to bring a favorite game from home. Remember to bring your basketball!

How do I join? Easy! Simply fill out an activity release form and send it in!

Each participant is required to have one on file in order to participate. Individual and Family activity release forms are available on our website: www.runyourlife.org

Each participant must be registered to attend.

Questions? Please contact Charlene at: runyourlife@sbcglobal.net or call (815) 861-5074.

Mark Your Calendars! Bingo Fundraiser for Adults Only at The Moose Lodge, Oct. 12th