

Girls on the Run

For the 2nd year, a self esteem boosting running program for 3rd-5th grade girls will be offered in Washington! Led by trained coaches Janet Conrad, Erin Martin, Teri Hartzler, and Michelle Driscoll, Girls on the Run will meet at Lincoln Elementary on Mondays and Thursdays from 3:30-5:00, beginning September 6th. The season will end on November 10th with a 5K event in the Cedar Rapids area. Watch for more registration information in August and scholarships will be available to any in need!

Let Me Run

For the first time, a running program for 4th-6th grade boys will be offered in Washington! Led by Carrie Rich, Melanie Rothe and other trained coaches, Let Me Run will meet at Lincoln Elementary on Tuesdays and Thursdays from 3:30 - 5:00 p.m., beginning September 18th. The season will end on November 3rd or 4th with a 5k Let Me Run event in Cedar Rapids. Be on the lookout for registration at the beginning of the 2018-2019 school year.