



YOUth FIT Cross Country Running Program

National Outstanding Youth Program!!! (Road Runners Club of America, 2018)

What is YOUth FIT? The mission of YOUth FIT is to provide children with skill and fitness instruction for successful distance/endurance running. YOUth FIT believes that teaching the foundations and strategies for health and fitness associated with running is an integral part of a healthy lifestyle. Fundamental knowledge, skill development, proper progression, lead-up games, and seminars will provide YOUth FIT participants with an opportunity to emphasize development of distance-running skills and healthy lifestyles in a fun and stimulating environment.

Who should join? YOUth FIT is the perfect program for any male or female, 7-17 years old, who has the desire to learn the fundamentals of endurance running, challenge themselves through exercise, practice goal setting, make new friends, prepare for track, cross country, or soccer season, or simply get involved in a healthy lifestyle sport.



What is included in the sign-up fee? The fee, which is a **\$50 membership** to the Red River Road Runner Organization, includes the following: Age-based coaching, ability-based group workouts, weekly training, tank top, and participation in the 2026 Red River Road Runner summer fun run series.

Participants must register online at:

<https://runsignup.com/Race/LA/Shreveport/SummerFunRunSeriesShreveport>

Choose 1 option:

- YOUTH FIT (MONDAYS + THE SUMMER FUN RUNS) FOR KIDS ONLY **LONG-COURSE**
 - This group will run the 5K every Thursday—for advanced runners only
- YOUTH FIT (MONDAYS + THE SUMMER FUN RUNS) FOR KIDS ONLY **SHORT-COURSE**
 - This group will begin with a one-mile and progress each week to the 5K finale

Print out the confirmation receipt and bring it to the first practice on June 1. Register early- the program cap is 100 participants.

What happens on any given training day?

Mondays: Training includes a group warm-up, stretching, fitness training (plyometrics, drills, games, relays, hills, interval and endurance conditioning), cool down, and goal-setting.

Thursdays: YOUth FIT fun runs ranging from 1 mile - 5K (3.1. miles). YOUth FIT participants will apply their training and goals to each run. All participants will end the program with the 5K.

What to wear and bring for training? Good running shoes are essential. Wear lightweight and light-colored clothing on Monday training sessions and the YOUth FIT shirt on Thursdays. Bring a towel or yoga mat each Monday for stretching/strength work. Optional items are sunscreen, sunglasses, visor or hat, bug-spray, and a personal water bottle. Participants should drink plenty of water and eat a snack at least one hour before training.

The YOUth FIT program 2026 schedule:

Days: Mondays and Thursdays

Time: 6:30 PM – 7:30 PM

****PLEASE BE ON-TIME FOR DROP-OFF & PICK –UP and SIGN YOUR CHILD IN AT EACH SESSION****

Monday - Training	Location	**Thursday Fun Runs	Location/Distance
June 1	Betty Virginia Park 3901 Fairfield Ave 71106	June 4	Stoner Ave Boat Launch (Stoner Ave and Clyde Fant Pkway) <i>1 mile/5K</i>
June 8	Betty Virginia Park	June 11	Ford Park S. Lakeshore Drive, 71119 <i>1.5 miles/3.5 miles</i>
June 15	Betty Virginia Park	June 18	Walker Place Park 2010 Arthur Ray Teague Parkway, BC 71111 <i>1.5 miles/5K</i>
June 22	Betty Virginia Park	June 25	Southern Hills Park 1002 Bert Kouns, 71118 <i>2.0 miles/5K</i>
June 29	Betty Virginia Park FUN RUN	HOLIDAY	OFF
July 6	Betty Virginia Park	July 9	Querbes Park 2.0 miles/5K 3500 Beverly Place, 71104
July 13	Betty Virginia Park	July 16	North Bossier Park (Brownlee) 4307 Old Brownlee Rd, 71111 <i>2.5 miles/5K</i>
July 20	Betty Virginia Park	July 23	A.C. Steere Park 4009 Youree Drive, 71105
July 27	Betty Virginia Park	July 30	Betty Virginia Park <i>5K ALL & **Awards Party</i>

*****Fun Run awards will be given to those that participate in at least 5 Thursday events.***

What should I do in case of inclement weather? If YOUth FIT is cancelled for the evening, there will be a mass email indicating so. Also, "Like" YOUthFIT on Facebook, under Community Orgs, to stay updated: <https://www.facebook.com/YOUthFITsummerrunning/>

Program Director:

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