

# Lester Fit Boys

Fit Boys is for any 5<sup>th</sup> or 6<sup>th</sup> grade boys attending Lester School for the 2022/2023 school year.

We will have non-competitive workouts designed to gradually and safely build endurance to run or walk a 5k (3.1 miles). The training season will lead up to the.....

**Running of the Leopards Fun Run on Sunday, September 25<sup>th</sup>, 2022!**



**Training Starts Monday, August 22nd | Lester School (East Field) | 2-3pm**

Practices will be held on following dates (primarily Mondays & Wednesdays).

Date	Time	Location
Monday, 8/22	2-3pm	Lester School (East Field)
Monday, 8/29	2-3pm	Lester School (East Field)
Monday, 8/29	2-3pm	Lester School (East Field)
<b>Thursday, 9/1</b>	3-4pm	Lester School (East Field)
Wednesday, 9/7	3-4pm	Lester School (East Field)
Monday, 9/12	2-3pm	Lester School (East Field)
Wednesday, 9/14	3-4pm	Lester School (East Field)
Monday, 9/19	2-3pm	Lester School (East Field)
Wednesday, 9/21	3-4pm	Lester School (East Field)

Boys are expected to have running shoes and a water bottle!

If you have any questions, please contact Jen Gawel at [jengawel@gmail.com](mailto:jengawel@gmail.com) or 773-931-6647.

**Please fill out the following Google form before the first practice:**

<https://forms.gle/e6FmCgWu6EEV6z58>