



Nearly 1,000 Runners Expected for iRun4Life's Kids Only 3K in Doylestown

May 7, 2018 — Nearly 1,000 kids in grades K-6 will gather Sunday, May 20 at Central Park in Doylestown, Pa. for the annual *iRun4 Life Kids Only 3K*, the flagship event of non-profit youth running organization iRun4Life. The race is set to begin at 9 a.m.

iRun4Life, Inc., which began its running program in 2008, is a non-profit organization combatting childhood obesity through running.

The race, now in its ninth year, will bring together kids from schools across the area, including Central Bucks and Council Rock elementary schools, among others.

Kids participating in the race are part of iRun4Life's running program, which is found in 25 elementary schools across eight school districts in Pennsylvania and New Jersey. Overall, close to 3,000 children participate in iRun4Life's running program. More than 300,000 miles have been logged by iRun4Life youth.

The running program started in 2008 with four elementary schools and 300 children participating.

The *iRun4Life Kids Only 3K*, which is open to the public, will feature community partners and sponsors, music and games, among other activities. Parents are encouraged to register their child at iRun4Life.com.

iRun4Life establishes fun, noncompetitive elementary school running programs for boys and girls. Its focus is to teach children about exercise, healthy nutrition and giving back to the community in the form of good deeds. iRun4Life believes that if children learn to love exercise at an early age, and realize how fun it is to feel healthy and strong, then they will live an active and healthy lifestyle throughout their lives.

The organization also promotes positive community service and involvement. Last year, iRun4Life launched its *iRun4Life Gives Back* program, which raised money in April for Bayard Taylor Elementary in Philadelphia. Runners from 10 Central Bucks and Council Rock elementary schools participated in unique, fitness-based fundraising activities to assist Bayard Taylor Elementary in purchasing new fitness equipment for the kids. iRun4Life raised more than \$7,500 for the cause. This year, *Gives Back* is benefiting the Thomas Mifflin School in Philadelphia.

More information about iRun4Life is available at www.iRun4Life.com. The organization is constantly looking to expand into new schools throughout the country.

Photos from past years, along with interviews, can be requested by contacting information@iRun4Life.com.