



Dear Parents,

Your child is invited to participate in the “Kids for Running” program, an after-school program that prepares children to run the 5K (3.1-mile) or 10K (6.2-mile) Bellin Run on June 12, 2021. I have attached the training schedule suggested by Kids for Running for the 10K. Please modify as you see fit.

Due to COVID-19 restrictions, all training will be done at home (on your own). It is up to you to decide which distance is best for your family. I will be serving as our team captain to coordinate our registration.

Through the Kids for Running program, participants receive a discounted registration fee of \$15 for the Bellin Run. That includes your child’s race bib, official Bellin Run T-shirt and a Kids for Running T-shirt. This year is the 45th anniversary, so each participant will also receive a medal!

Special this year, if you are assisting your child with training at home, and you would also like to participate, you can sign up for the ‘Virtual Kids for Running’ and your registration is only \$15!

All Bellin Run participants from our school who register by May 1st will be able to pick up their race packets outside the gym doors at parent pickup on **Tuesday May 25 between 3:45 and 4pm.**

Hillcrest Running Club shirts will be ordered this year. These are optional to purchase, but all of the students’ names will be listed on the back. Please email me with your student’s name(s) and if you would like to purchase a shirt or not. Parents and siblings are welcome to purchase these too! If you would like one, please let me know what sizes (youth XS through Adult XL) by **Friday April 16th**. The shirts will be moisture wicking material and cost between \$15 and \$20 each. I will collect payment after the final order is placed and the exact total is known.

If you have any questions, please email me at sarahzemple@gmail.com

Thank you for supporting this health community activity!

Coach Sarah Zemple

Enclosed: Registration Instructions
Training Schedule

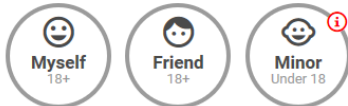
Online Registration

1. Go to www.bellinrun.com.
2. Click **Register Today**
3. Click **Register as an individual or Kids for Running**
4. Enter basic information

Registrant #1

[Clear all fields](#)

Who are you registering? *



Basic Info

First Name *

Last Name *

E-mail Address *

Confirm E-mail *

Password *

Confirm Password *

To be able to access / edit your registration.

5. Enter additional information

Additional Information

Date of Birth *

Format: mm/dd/yyyy
Used for age group calculations

Gender *

Male Female

Phone *

Format: #####-####

Address

Street Address *

Country *

Zip Code *

City *

State *

6. Choose your event – Kids for Running

Phone: 920-217-5695
Gender: M

Choose Your Event(s) *

Virtual Bellin Run \$20.00

Saturday June 12, 2021 - Monday June 21, 2021

Check with your school for your team info

Virtual Kids for Running

(Select One)

(Select One)

Virtual Kids for Running 10K – \$15.00 Event Fee – Sat. June 12

Virtual Kids for Running 5K Option – \$15.00 Event Fee – Sat. June 12

Virtual Children's Run \$15.00

Saturday June 12, 2021 - Monday June 21, 2021
Open to ages 10 and under.

[+ Add Another Registrant](#)

7. Waiver section – check box and hit continue

8. Click **Join an Existing Team**

Join an Existing Team



Team registration is required
Choose an option above to join or create a Team.

9. Select Team (Hillcrest Elementary) from Drop Box

10. Enter 3 digit password: **122**

11. Questions Section

- Select Shirt Size for Bellin Run Race Shirt
- Enter Emergency Name and Phone Number
- Select if first time Bellin Run 10K Participant
- Select if 18 or older
- Enter Anticipated Pace and Corral Placement
- Select if student or coach
- Select Size for Kids for Running Shirt

12. Enter Payment Information

K4R Training - April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Run 1 Mile	3
4	5 Run ¾ Mile	6	7 Run 1 Mile	8	9 Run 1 ½ Miles	10
11	12 Run 1 Mile	13	14 Run 2 Miles	15	16 Run 2 Miles	17
18	19 Run 2 ½ Miles	20	21 Run 2 ½ Miles	22	23 Run 3 Miles	24
25	26 Run 3 Miles	27	28 Run 3 Miles	29	30 Run 2 Miles	

K4R Training - May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Bellin Run Registrations Due
2	3 Run 3 ½ Miles	4	5 Run 3 ½ Miles	6	7 Run 4 Miles	8
9	10 Run 4 Miles	11	12 Run 2 Miles	13	14 Run 5 Miles	15
16	17 Run 4 Miles	18	19 Run 2 ½ Miles	20	21 Run 6 Miles	22
23/30	24 Run 3 Miles <hr/> 31	25 Pick Up Packets at Hillcrest: 3:45-4pm	26 Run 1 ½ Miles	27	28 Run 1 Mile	29

K4R Training - June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Run 1 Mile	3	4	5
6	7 Run 2 Miles	8	9 Run 1 Mile	10	11	12 Virtual BELLIN RUN!!!
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			