



Adventure Running Kids

ADVENTURE RUNNING KIDS® is a not for profit, 12 week adventure running program for kids aged 6 and up that builds stronger, faster and smarter runners and an appreciation of the environment. ADVENTURE RUNNING KIDS® combines trail running, navigation, cross country running and obstacles into a fun and muddy eco-adventure that also teaches problem solving skills that are valuable in training, racing and life.

The 12-week adventure culminates with a fun weeknight adventure running race and the weekend ARK FEST where kids get to meet participants from ARK locations throughout the Golden Horseshoe.

School Program

We have two programs available for teachers, a one hour indoor session through the winter (January to March), or one hour long outdoor sessions in the Spring (April-June) which can be used in the lead up to the Adventure Running Schools Challenge

Option 1: Indoor Navigation

We set up a mini navigation course in your gym and use our timing equipment to run a number of short navigation exercises.

- Introduction and intro to the map
- Intro to the timing equipment
- Warm Up
- Scramble Course
- Mini Navigation Races
- Debrief

Option 2: Outdoor Navigation

We get out of the classroom and teach the basics of Navigation based sports (eg orienteering)

Using a map of the school yard, we set up a short out and back course for the students to take part in

- Introduction and Intro to the map
- Course Description
- Warm Up
- Run Course
- Debrief



Cost:

- \$130/hour, \$100 for every additional hour after (HST included)
- Schools outside the Hamilton Wentworth boards incur a small additional travel fee
- Since a specific map is required for this option, an additional expense is required:

If we already have a copy of your schools map, it may require a minor update. This will be in the range of \$20 to \$50 depending on the size and scope of the update

If we need to develop a brand new map, this will be in the range of \$200-\$500 depending on the size and complexity of the campus.

If you would like to get your school prepared for the Adventure Running Schools Challenge, we can plan multiple sessions regarding map interpretation, route choice and race preparation. Contact us for further details.

For further information, contact Adventure Running Kids Schools Program Manager, Patrick Saile patrick@dontgetlost.ca