



Join the Fun!



WHAT IS RUNJUMPTHROW?

USA Track & Field and Hershey teamed up to create **RunJumpThrow (RJT)**, a hands-on learning program that gets kids excited about physical activity by introducing them to the basic running, jumping and throwing skills through track and field.

WHAT DOES A RUNJUMPTHROW EVENT LOOK LIKE?

FUN! Participants will spend time in stations that teach the basic skills of running, jumping and throwing. Follow the link [here](#) to see what a RunJumpThrow experience is!

WE WANT YOU THERE!

USA Track & Field and Lakeshore Foundation will be having a RunJumpThrow Experience at 4000 Ridgeway Dr., Birmingham, AL 35209 on **September 15, 2017** from **9:30AM – 11:30AM** or from **12:30PM– 2:30PM**. Please contact Kelly Bonner at kellyb@lakeshore.org or 205-313-7450 to confirm your attendance at one of the event times.

OPPORTUNITIES AFTER RUNJUMPTHROW

Looking for a more competitive option or more ways to get involved with track & field? USATF has 57 Associations and over 2,000 Clubs all across the country. Connect with your local USATF Association to find out more!

- Find your USATF Association: Go to usatf.org -> About -> Association
- Find a USATF Club: Go to usatf.org -> Resources For -> Clubs -> Find a Club

runjumpthrow

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