



Wayzata Children's Clinic

The best care in your neighborhood.

KIDAROD™

by CycleHealth



GET READY TO RACE!

JOIN US MON. FEB. 20 6:00-7:30PM FOR A NIGHT OF MOTIVATION!

DATE

Mon. Feb. 20, 2017

TIME

6 - 7:30 PM
Open House Format

LOCATION

Wayzata Children's Clinic
Maple Grove Location*
9325 Upland Lane N, Suite 111
Maple Grove, MN 55369
763-324-8000

wayzatachildrensclinic.com

**Our Newest Clinic!*

Join us for a FREE night of motivation and information to help your kids boost their confidence and readiness for the Kidarod. All family members welcome!

- Test your fitness and agility; try out running on snowshoes
- Get tips and gain confidence to race from world champion triathlete, race director and expert motivator, Tony Schiller
- Advice from pediatric providers - importance of cross training, how to avoid and reduce risk of injuries, sports nutrition, more
- Affirm ways for parents to inspire kids and keep sports fun
- Tips from kid racers - how to dress, pace, what to expect
- Healthy snacks, giveaways plus prize drawings

Who should attend?

All kids, especially those racing or thinking about racing in the Kidarod.



RACE THE KIDAROD™ FEB. 25TH

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