



## Kids Running: Have Fun, Get Faster, & Go Farther

By Carol Goodrow

Breakaway Books. Paperback / softback. Book Condition: new. BRAND NEW, Kids Running: Have Fun, Get Faster, & Go Farther, Carol Goodrow, A book about running--written just for kids. Kids Running tells you all you need to know about this wonderful sport: getting started, training, fun runs, races, proper footwear, good eating habits, cross-training, safety, running games, after-school clubs, clothing, mileage tracking, and journal writing. With a lively mix of pictures, information, vocabulary, and some entertaining asides, this book will help channel all that youthful energy toward excellent running, and a lifetime of good health. Recommended for grades 1 through 6.



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