

SUSIE BERIS, MD
YOUTH RUNNING PROGRAM



The HMF FitKids In School running program is a free five-week program designed for students throughout Connecticut grades 4-8 to learn how to incorporate running and fitness into their everyday activities and encourage a healthy lifestyle. The Hartford Marathon Foundation provides schools with training materials so that students can log their miles each day to accumulate enough mileage to complete the distance of a Half Marathon or Full Marathon over the course of the five-week program.

All students that participate in the programs will come together to run their “FINAL MILE” on Medal Day. We will be hosting a Medal Day on Tuesday, October 24, 2023 from 9:30 AM to 11:30 AM at Walnut Hill Park in New Britain.

At no cost to schools, HMF will provide training materials, bus transportation, t-shirts for students and coaches attending Medal Day, finisher medals, snacks and activities to take part in on Medal Day to engage students.

For additional details, please contact HMF Susie Beris, MD Youth Program Manager, Christy Miller at christy@hartfordmarathon.com or (860) 652-8866, ext. 113

