



TOP YOUTH RUNNING RESOURCE WEBSITES

With obesity rates soaring among children of all age groups, it's imperative to promote running and other physical activities at a young age. Whether you're a parent, teacher, or coach, here are good websites for information on youth running programs, resources, and events in your area:

1. [New York Road Runners](#) promotes children's fitness, character development, and personal achievement by providing free and low-cost running programs and resources to schools and community centers across the country.
2. [Running Rocks](#) is Running USA's resource center where you can find help to start or enhance a successful running program. You can also request a mentor or speaker who can give expert advice on the benefits of low-cost, running-based fitness programs.
3. On the [USA Track & Field](#) website you can search by ZIP code to find a local youth or youth-friendly running club.
4. The goal of Road Runners Club of America's [Kids Run the Nation](#) program is to see a locally managed youth running program in every primary school in the country.
5. [Girls on the Run](#) is a non-profit prevention program that encourages preteen girls to develop healthy habits and self-esteem through running and uplifting workouts. There are more than 150 Girls on the Run councils across the U.S. and Canada.
6. Already have a running program? Want to get one started? Check out [ING Run for Something Better](#). You can apply for a grant or access running fitness program activity plans.
7. Carol Goodrow, the editor of [Kids Running](#), a *Runner's World* magazine affiliated site, is the author/illustrator of children's books on running, exercise, and healthy eating. This site offers a wealth of information on joining or starting a running program for kids.
8. *Runner's World* magazine's online edition provides a [running guide for kids](#) with useful information, such as the appropriate distance for kids of various ages to run.
9. Created by author and "track mom" Dr. Lorraine Williams, [Trackmom](#) provides a forum for parents and coaches to learn, share training tips, and highlight the achievements of their youth track athlete.
10. In its 13th year, [Marathon Kids](#) is a free school and community based fitness program in several cities throughout the U.S.