



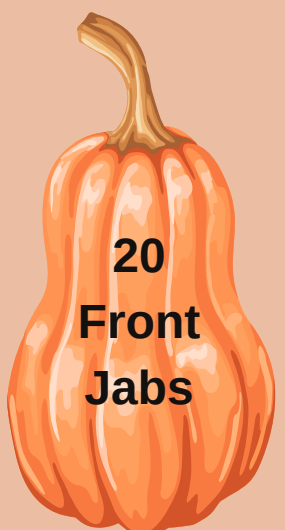
KidsRUN^{RVA}



ACTIVITY OF THE WEEK

Fill Your Workout Wheelbarrow

Your Workout Wheelbarrow is empty! Head to each section of the Pumpkin Patch, pick out your favorite pumpkin, and do that exercise to fill your Workout Wheelbarrow!



Pick as many of these pumpkins as you can!

Great Job!
You filled your Workout Wheelbarrow!

Got questions? Get answers at our Workout Wednesday session or by emailing KidsRunRVA@sportsbackers.org