Kids Running: Have Fun, Get Faster & Go Farther

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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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From reader reviews:

Michael Floyd:

Do you among people who can't read satisfying if the sentence chained from the straightway, hold on guys this aren't like that. This Kids Running: Have Fun, Get Faster & Go Farther book is readable by you who hate the straight word style. You will find the details here are arrange for enjoyable reading experience without leaving possibly decrease the knowledge that want to offer to you. The writer involving Kids Running: Have Fun, Get Faster & Go Farther content conveys objective easily to understand by a lot of people. The printed and e-book are not different in the information but it just different in the form of it. So , do you continue to thinking Kids Running: Have Fun, Get Faster & Go Farther is not loveable to be your top list reading book?

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