



Breakout Session Takeaways

Session Title: Running Toward Community: Linking Youth Fitness Programs to Your Existing Races

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1. Exploring the KidsFit model and how it works for the Indianapolis community.
2. Understanding that youth programs can be a powerful pipeline to your existing race.
3. Youth programs unlock new funding and sustainability opportunities.
4. The KidsFit model can be replicated, without being overly complicated.
5. Youth programs are not a one size fits all. You can adapt to the needs of your community and evolve over time.