

A Going Strong Challenge for Parents: Run a 5k with Your Kids

Description

Hi there!



My running shoe of choice.

Summer is fast approaching and for those of you with kids in school, that means theyâ€™re about to have some extra time. Unless you have a full schedule lined up for them already, but still, work with me here.

For the parents with kids not at school age yet, like Going Mom and myself, summer just means warmer weather with basically the same daily routine youâ€™ve been doing.

Well, I want to challenge all parents to do something healthy and active with their kids this summer; run a 5k! Yes, find one in your area with a date set out long enough for you to prepare and sign up now.

Signing up will help work as motivation to train for your race and deter you from slacking. If your kids are of proper running age, make it a great time to train and run together. If, like me, your kid is a baby who is just now learning to sit up on their own, run with them (safely) in a stroller.



My favorite running partner.

Or, I™d even suggest wearing your child in something like the [Onya Baby](#) or [Ergobaby](#) Carrier and train to walk a 5k with them. Most days of the week I usually walk about 4.5 miles while wearing Avery, so a 5k wouldn™t be too taxing for either parent or child if you properly prepare yourself.

If you™re already a trained runner, go ahead and sign up for the next race available if your kid is willing and able to go along.

And don™t think I™m only posing this challenge to my readers, it™s a challenge to myself too. I haven™t entered a race with Avery yet but have been wanting to for a while now.

That said, the next race I enter will be a solo run. Next month, I will no longer be in my twenties *gasp* and want to run a least one more race in that age group. It might be a local 5k or even up to a half marathon if I can find one and it doesn™t cost too much.

I™ll make sure to post which one I decide and let you know how it goes. Same for a race with Avery, I will take this challenge and sign us up to finish one together. If it™s a stroller friendly race, I™ll run with her in the B.O.B., but if not, I™ll walk the 5k as fast as I can while keeping it safe!

I want to hear from everyone that is willing to step up to the challenge and let me know what race and when. The deadline is to complete a race by August, but feel free to do more than just one.

Too many kids and parents alike are living a sedentary life which is unhealthy and not fun. So make it a point to get out with your kids and be a great role model by doing something healthy and active together!

Are you a novice runner and not sure how to get started? The website, [CoolRunning.com](#), has a great [Couch-to-5k plan](#) that you can even download as an app on your phone. Check it out and stop making excuses!

If you™re a seasoned runner, this challenge should be a walk run in the park; just get out and go!

So, will you accept the challenge?

Please share with your friends and family and see if they will get on board too!

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