

Ready, Get Set, Go!

All MK children are being called to dig out their trainers for the very first Kids Run Free event in MK.

Children's charity, Kids Run Free are launching their Saturday morning running event at Willen Lake North Park on Saturday, 17th October. The FREE event for 0 - 16 year olds starts at 9am every second and fourth Saturday.

There will be individual races for each age category with distances ranging from 50m to over 1km. So whether your child is a budding Olympic athlete or is just finding their running legs, there's something for all levels.

Register your children at [www.kidsrunfree.co.uk](http://www.kidsrunfree.co.uk) and if you would like to get involved as a volunteer please contact the Volunteer Co-ordinator, Justin Mullis, on [justin@kidsrunfree.co.uk](mailto:justin@kidsrunfree.co.uk) for more information.