



VIRTUAL RACE GUIDE

RACE START:

LAKELINE PARK

1510 ALEXIS DR, CEDAR PARK

8:45am - Kids' Dash

9:00am - 5K/1mile

WWW.RACINGMINDSATX.ORG

MISSION

Racing Minds will create opportunities for individuals and families of all ability levels to improve mental health through running experiences in our community. Racing Minds commits to provide affordable, inclusive, age-appropriate, family-friendly running events that aim to teach life skills through running such as goal setting, determination and perseverance.



VISION

Racing Minds will serve Austin-area families by organizing positive, inclusive running events to introduce children, adolescents and adults of all abilities to the sport of running to encourage active lifestyles which benefit physical and mental health.



Racing Minds ATX is a local non-profit powered by sponsors, donations and volunteers in our community and we are immensely grateful for all support!



THANK YOU 2025 SPONSORS



Packet Pick-Up



PACKET PICK-UP OPTIONS:

SATURDAY, 10/25, 9:30 AM-12:00 PM AT LAKELINE PARK

RACE DAY, 10/26, 7:00-8:30 AM AT LAKELINE PARK

#MOVEMENTISMEDICINE

@RACINGMINDSATX

BIB NUMBERS:

Look up your bib [HERE](#)

(Kids' Dash runners will have generic, unassigned bibs)

FAQs:

Can I run with my kids?

Sure! You can run the Kids' Dash alongside your child without registering, but we will ask you to let those running independently start first. Adults with kids should line up toward the back. We ask that all runners be registered for the 5K or 1 mile, even if just running with your kids.

Can adults participate in the 1 mile?

Of course! However, awards are only for ages 14 and under in this distance.

Are strollers ok? YES! How about dogs? YES!

What if I really want to run the 5K but my kid is too big for a stroller and has no one to stay with him/her? We can find volunteers to help!

WEATHER: WE RUN RAIN OR SHINE.

We encourage runners to show up and participate at their comfort level in less than ideal weather. A delay is possible with passing storms.

COURSE INFO

Lakeline Park - 1510 Alexis Dr. Cedar Park

ALL LEVELS OF WALKERS, RUNNERS, STROLLERS AND PETS ARE WELCOME!

The Kids' Dash will start at 8:45 AM. This will be a ~.25 loop visible to all participants. Generic race bibs provided and medals for all kids.

1 mile: Will be staggered with the start of the 5K at 9 AM (3 mins after 5K start). This will be an out and back course on the 5K course. Chip-timed with age group awards for 14U.

5K is a USATF Certified Course within the park - chip-timed with overall, masters and age group awards for all ages.

NEW COURSE!:



AWARDS

ALL REGISTERED PARTICIPANTS GET MEDALS!

THERE WILL BE **AGE GROUP MEDAL ATTACHMENTS**
AWARDED TO **MILE RUNNERS 14 AND UNDER:**

TOP 3 M/F 6U, 7-8, 9-10, 11-12, 13-14
Dick's Cedar Park award for overall M/F!

THERE WILL BE **OVERALL AND MASTERS AWARDS** FOR
THE **5K** FROM **Fleet Feet Leander**. We will also have a
12U overall awards from **Dick's Cedar Park** for the 5K!

FOR THE **5K**, THERE WILL ALSO BE THE FOLLOWING **AGE
GROUP MEDAL ATTACHMENTS:** TOP 3 M/F 0-9, 10-12,
13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-99

RACE PHOTOS!

FREE PHOTOS COURTESY OF
[Supernova Photos!](#)

WE STILL NEED LOTS OF VOLUNTEERS ON RACE DAY!

VOLUNTEER SIGN-UP



Still time to sign up to run/walk:

[REGISTER HERE](#)

Registration will close at 300 runners or by 8:00 AM on Race Day!

Regret not adding on a shirt?

We purchased extra for you to buy [HERE](#).



Follow us on [Facebook](#) or [Instagram](#)!

DIGITAL FLYERS/OFFERS FROM SPONSORS



Little Land of Cedar Park

200 Buttercup Creek Blvd, Suite 104
Cedar Park TX 78613
Phone 512.827.3601
Fax 512.777.5042
cedarpark@littlandplaygym.com



2025 CLASSES & PROGRAMS

www.littlandplaygym.com

PLAY MEMBERSHIPS



Single Child Membership

Your little one will have the opportunity to play at Little Land six days a week, all year long! The best part? You get to come and go as you please throughout the day!

Family Membership

You can bring the whole family in for unlimited play at Little Land! Concerned about not being able to maximize your time because of your kiddos' different nap schedules? No worries! You can come and go throughout the day – whatever is the most convenient to your family!

Single Entry: \$15
Single Child: \$39 | Family: \$69

LITTLE LEARNERS



Semester: \$600

At Little Land, we are committed to offering unique learning experiences in a safe, enriching environment. That is why we created the Little Learners program – so we can support your children, meet them where they're at and equip them with the tools they need to be successful in school.

- ★ Duration: 15-week course, meeting weekly for 2-hours
- ★ Ages: 3 to 5 years

** This is a drop-off class, student participation only*

BIRTHDAY PARTIES



We have everything you need to give your kiddo an unforgettable birthday at Little Land:

- ★ Two-hours of party time! Have some fun in the gym, then wrap up your celebration in the party room with cake and presents!
- ★ Designated party host to help keep your party running smoothly!
- ★ A guaranteed day of FUN with memories to last a lifetime! Your Little Land party host will keep activities on schedule, help entertain your party guests and ensure that the birthday kiddo is the most special person of the day!

Semi-Private: \$299 (10 kids)
Semi-Private: \$399 (16 kids)
Private Party: \$699

SENSORY ART



Drop in: \$30 | Semester: \$375

Does your kiddo like to get a little messy? Does it stress you out? Mess is no fun when it's on your own table, so why don't you join us at ours?

Little Land's Sensory Art program is designed to give children an experience that engages multiple senses at once, while also exposing them to the seven elements of art: color, shape, line, texture, space, form, and value.

- ★ Duration: 15-week course, meeting weekly for 50 minutes
- ★ Ages: 2 to 6 years
- ★ Parents are included in the class and encouraged to participate!

PARENTS' NIGHT OUT



Little Land's Parents' Night Out program is here just for you! Little Land is closed to the public during Parents' Night Out, so your kiddo will have the place to themselves to play with their friends!

Parents' Night Out is offered weekly on alternating Friday and Saturday evenings. Pizza and juice are always provided! Be sure to register in advance to save your spot!

- ★ Duration: 4-hours
- ★ Ages: 2+ years
- ★ Sibling Discounts

Drop in: \$50

MUSIC EXPLORATION



Drop in: \$30 | Semester: \$375

Created by therapists and musicians, our Music Exploration program at Little Land introduces children to a variety of music, encourages exploration of different musical instruments and develops their own personal sense of musicality. This program targets social, speech, fine and gross motor skills – but most importantly, this program is here for your child to have FUN and practice self-expression!

- ★ Duration: 15-week course, meeting weekly for 50 minutes
- ★ Ages: Up to 5 years
- ★ Parents are included in the class and encouraged to participate!

CAMP



Little Land's Camp program has been designed by our own occupational, speech, and physical therapists to create a fun, developmental and educational experience for your kiddos!

Each week is structured around a different theme to keep kids engaged and excited all week long. Activities promote growth in fine and gross motor skills, sensory processing, speech and language, social and attention skills.

- ★ Ages: 2 to 6 years
- ★ Sibling Discounts

Single: \$80
Two Days: \$150
Three Days: \$210
Four Days: \$260
Five Days: \$300

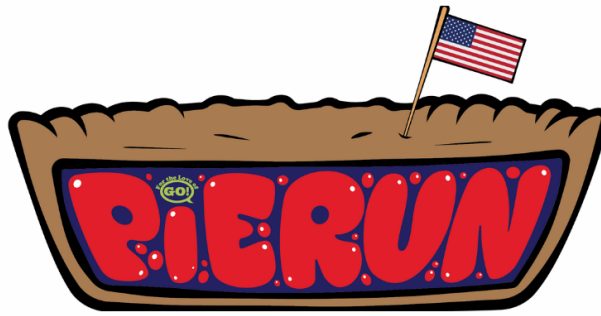
PEDIATRIC THERAPY



Therapy at Little Land is different from other clinics because of our play gym environment – this gives the opportunity for your child to practice what they're learning in a real world environment surrounded by their peers. Therapy sessions at Little Land will look and feel like play to your child. After all, that's the way kids learn!

We offer:

- ★ Occupational Therapy
- ★ Speech Therapy
- ★ Physical Therapy



EXERCISE!

EX..R..CISE

EX..AR..CISE

EGS..R..PRISE

EGGS..N..PIES

PIES!

FTLOGPIERUN.COM

5K/1K - November 8 - 7:30 AM

Wallace Middle School, Kyle

We'll run, walk, eat pie, celebrate FTLOG, and honor Veterans!



5K & Kids K - December 13, 2025
Downtown San Marcos
Be there with bells on!

TheJingleBellRun.com



TRIATHLON & RUN COACHING AND MORE

Meet Coach Steph, a Triathlon Coach with over 20 years of triathlon racing experience and over 10 years as a Doctor of Physical Therapy. She helps triathletes make a strong comeback after Injury.

1

FREE INJURY PREVENTION GUIDE

2

MOBILITY & STRENGTH PROGRAMS

3

INDIVIDUALIZED COACHING



TRIATHLON COACHING

Personalized training and nutrition programs, mobility, and prehab to help athletes reach their goals of competing In Triathlons and Run events of all levels and distances.



MOBILITY PROGRAMS

The 4 week Strength for runners program and 2 week Mobility and Stability Challenge are created for the athlete who wants to feel strong while preventing Injury along the way.



INJURY PREVENTION GUIDE

FREE guide full of Information on nutrition, race schedule, training, prehab, mindset and more!



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r3endurance.com



stephanie@r3endurance.com

KIDSTRONG NORTH AUSTIN



Schedule a Free Trial

KidStrong is a science-based kids training program that builds strong, confident and high-character kids.

Kids walking through 11 years old will master critical skills across three main pillars of programming: **character**, **physical** and **cognitive**. In weekly 45-minute age-specific classes, KidStrong kids practice everything from public speaking and introducing themselves with a strong handshake to doing monkey bars, burpees and rope climbs, along with life skills like ordering their own food and raising their hand high in the classroom.



**SCAN TO LEARN MORE
ABOUT BECOMING
A MEMBER AT KIDSTRONG**

northaustin.KidStrong.com

HELPING KIDS WIN AT LIFE

ABOUT KIDSTRONG

Come experience the KidStrong difference

- > **Highly-Trained Coaches:** KidStrong coaches are certified and trained to be the best at what they do.
- > **Clean, Modern Centers:** Our centers are state-of the art and designed to be a space where families can learn, grow and have fun together.
- > **KidStrong Kids are Built Different:** You'd recognize them in the wild—resilient, kind, smart and brave.

KidStrong classes are focused on progression. As you rank up in the KidStrong system, members unlock new responsibilities and celebrate progress along the way.

PARTIES

Make their celebration unforgettable.

- > **Dedicated use** of entire facility
- > **1 ½ hour private party**
Ages 1-11
- > **Two dedicated coaches**
- > **Action-packed custom** KidStrong experience
- > **Flexibility** to bring your choice of cake, food and drinks
- > **Setup and cleanup** included

CAMP

School is out, KidStrong Camp is In!

A DAY AT CAMP INCLUDES:

- > **Epic days, unforgettable memories:** New friends and confidence-building challenges they'll love.
- > **Easy for you, awesome for them:** Drop them off, we bring the magic.
- > **Skills for life:** Kids build independence and lifelong skills.

Call, text or email us for more information

Sign up today: North Austin

northaustin@kidstrong.com | (512) 596-4466

JOIN US FOR THE 3RD ANNUAL
KIDSTRONG

TRUNK OR TREAT

CANDY, VENDORS, COSTUMES,
AND OPEN GYM PLAY

Nov
1st
2025



4:30PM -
7:30PM

RSVP TO LET US KNOW YOU'RE COMING!!

13776 N US Hwy Fr Unit 107 Austin 78750

RSVP 512-596-4466 Call or Text



MOVE WITH CONFIDENCE

NORTH AUSTIN PHYSICAL THERAPY

Services Include:

- Dry Needling
- Neubie by NeuFit 
- Sports Injury Analysis
- Return to Sport
- Pediatrics (all ages)
- Post-Surgical Therapy
- Concussion and Vestibular
- Running / Lifting Analysis
- Women's Health
- Balance / Neuro Rehab

*Now Offering Specialized
Women's Health Physical Therapy*
An integrative approach:

What We Treat:

- Complex Female Pelvic Pain
- Pelvic Floor Dysfunction
- Incontinence
- Pelvic Organ Prolapse
- Painful Bladder
- Postpartum Recovery
- Return to Exercise
- Diastasis Recti
- Pubic Symphysis Dysfunction
- Prenatal Hip & Back Pain
- Round Ligament Pain
- Labor & Delivery Prep

Most major insurances accepted | Same-day appointments available
Request an appointment at NorthAustinPT.com or call 512-986-4468
NO DOCTOR REFERRAL NEEDED!

Two Locations

12151 W. Parmer Lane, B 201, Cedar Park, TX 78613
 15609 Ronald Reagan Boulevard, A130, Leander, TX 78641
(512) 986-4468 • northaustinpnt.com  



Visit our website



#MOVE4ALEXIS



3RD Annual **FAMILY FUN RUN**

DECEMBER 6, 2025

Join us to support Alexis as she fights 4H Leukodystrophy, a deteriorating brain disease that is taking away her abilities.

While there is currently no treatment, Alexis receives life sustaining therapies that help give her the best quality of life. Come join us for a morning of movement and family fun!



ELIZABETH MILBURN PARK
1901 Sun Chase Blvd.
Cedar Park, TX 78613

EVENT SCHEDULE

- 8:45AM-KIDS 50YARD DASH
- 9AM-ADULT 5K OR 1 MILE
- 9:30AM-KIDS CRAFT
- 9:45AM-RAFFLE



RUN SIGN UP & DONATIONS



KIDS DASH \$25

ADULT RUN \$35

*INCLUDES T-SHIRT ---RAFFLE TICKETS AVAILABLE FOR PURCHASE DAY OF

Proceeds will support Alexis' medical expenses and research