

# The Happy Feet Youth Running Club Sprints Back Into Action

The free fitness program for youth called the Happy Feet Youth Running Club allows local Costa Mesa youth to learn the basics in short and long distance running while participating in fun weekly practices and an end-of-season superhero themed 5K run through beautiful Fairview Park.

The program emphasizes teamwork, goal setting and healthy habits all while having fun exercising.



Each child will receive a free Happy Feet T-shirt as well as a complimentary entrance into the Costa Mesa Community Run.

The first practice and registration day are set to take place this Saturday, March 12 at Fairview Park.