**2018**

**LA84 FOUNDATION**

**RUN4FUN PROGRAM**

**PROGRAM DESCRIPTION:**

The LA84 Foundation RUN4FUN program is an LA84 Foundation initiated program

conducted in cooperation with several Los Angeles area school districts.

It is designed to provide a sports/fitness opportunity for middle school boys and girls. The program utilizes existing physical education curricula and after-school programs to introduce youth to running for fun, fitness and competition. The LA84 Foundation provides a recommended weekly training regimen of introductory running games; activities and drills; material for school site publicity and promotion; and transportation for participating schools to attend the RUN4FUN festival. The event features individual and team competition and awards – all at no cost to the participating middle school or school district! RUN4FUN begins the first week of October and runs for 10-weeks. During the program, there are three timed competitions at the 3, 5 and 7-week intervals for distances of 800-meters, 1000-meters and 1-mile. These timed-runs serve as training incentives for the students; enable the coaches to measure training progress and provide the LA84 Foundation with verification of training participation, a requirement for students who wish to take part in the RUN4FUN festival featuring a two-kilometer (1.25 miles) run on the second Saturday of December.

**FESTIVAL OVERVIEW:**

* 2K (1.25 miles) cross-country course. Separate age/grade races for boys and girls.
* Free t-shirt for all participants.
* Medals to the top five individual male and female finishers in each grade.
* Trophy award to the top performing school in each grade.

**PROGRAM PARTICIPATION:**

* Run4Fun 10-week program: 24 schools participating.
* Participating school districts: Los Angeles, ABC Unified, Long Beach, Mountain View, Glendale, East Whittier Unified as well as charter schools.
* 750 runners projected to participate; 2,000 total attendees