

October 3, 2011
through
December 10, 2011



Introducing middle school
boys and girls to distance
running for fitness,
competition and fun!

RUN 4 FUN 2011 FESTIVAL PARTICIPATION REQUIREMENTS

- **Runners must complete the 3 timed-runs** during the 10-week training program to be eligible to participate in the RUN 4 FUN Festival on December 10th.
- Coaches must mail or email times for the time runs to **RACE CENTRAL**. Deadlines to submit times for the timed runs are listed below.
- Coaches are to keep RUN 4 FUN registration forms and mail them with their packet of 1-mile timed-run results to **RACE CENTRAL** (timing company hired by the LA84 Foundation to keep records of all youth participating) on or before Friday, November 18th.
- The RUN 4 FUN Festival will feature separate boys' and girls' races for each age group (ages 11 and under, age 12, and ages 13 through 14) on our 2-kilometer (1.25 miles) distance cross-country course at Griffith Park on Saturday, December 10th beginning at 8:00 a.m.
- Mail-in deadlines for timed results:

Distance	Due Date
800-meters	Friday, October 21 st
1000-meters	Friday, November 4 th
1-mile	Friday, November 18 th
Registration Forms	Friday, November 18 th
Bus Forms	Friday, November 25 th

www.LA84Foundation.org