

October 3, 2011  
through  
December 10, 2011



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

September 9, 2011

Dear Coach:

We hope you are looking forward to the 2011-12 school year. We are writing to invite your school to participate in our 25<sup>th</sup> annual LA84 Foundation RUN 4 FUN program this fall. Last year, more than 5,000 boys and girls from 50 middle schools in the Los Angeles area took part in RUN 4 FUN 2010.

RUN 4 FUN is designed to be implemented as an after-school activity or as part of your Physical Education curriculum. The LA84 Foundation appreciates the challenges you face in continuing to offer co-curricular activities with state and district budget cuts. However, we believe there has never been a greater need for sport/fitness programs for middle school youngsters. As you plan activities for the 2011-12 school year, we encourage you to offer this widely acclaimed program to your students this fall.

The 10-week RUN 4 FUN training program begins **Monday, October 3th** and concludes with our 25<sup>th</sup> annual RUN 4 FUN FESTIVAL on **Saturday, December 10th**. The Festival features:

- 2K (1.25 miles) cross-country course. Separate age/gender races for boys and girls, ages 10 to 14.
- Free T-shirts and refreshments for participants.
- Medals to top 10 individual male and female finishers in each age division.
- Medals to first 5 finishers of the top 3 schools in each age division.

In addition, **the LA84 Foundation provides transportation for students to participate in the Festival at no cost to your school district.**

Prior to October 3th, we will conduct two, one-hour RUN 4 FUN Coaches Workshops. A representative from your school may attend one of our optional workshops and pick up all the program material. This is highly encouraged for new coaches or those who need a refresher on the program. At the workshop, we will distribute all RUN 4 FUN program material to the coaches, including coaching manuals, postal time forms and Festival entry blanks. All forms and program materials will be available on the LA84 Foundation website ([www.la84foundation.org](http://www.la84foundation.org)).

You and your students can take advantage of this unique program by completing the enclosed Coach Information Sheet and faxing it to the LA84 Foundation at 323-730-9637.

Sincerely,

Jalal Hazzard  
Senior Program Officer