

October 3, 2011
through
December 10, 2011



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

PROGRAM DESCRIPTION

The LA84 Foundation RUN 4 FUN program is an LA84 Foundation initiated program conducted in cooperation with the Los Angeles Unified School District and other Los Angeles area school districts. It is designed to provide a much-needed sports/fitness opportunity for middle school boys and girls, ages 10 to 14. The program utilizes existing physical education curricula and after-school programs to introduce youth to running for fun, fitness and competition. The primary goals of RUN 4 FUN are “TLC”...teaching, learning and competing. The LA84 Foundation provides in-service training and resources for coaches which outline 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 RUN 4 FUN FESTIVAL. The Festival features individual and team competition and awards – all at no cost to the participating middle school or school district!

RUN 4 FUN 2011 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 – **students who wish to take part in the RUN 4 FUN FESTIVAL 2-kilometer (1.25 miles) run on Saturday, December 10, 2011 must submit times for each of the three timed competitions.**

The LA84 Foundation believes every youngster should have access to youth sports programs that promote personal growth, improved health and increased self-esteem.

Contact:

Jalal Hazzard
Senior Program Officer
323-730-4621

Pilar Diaz
Program Officer
323-730-4629