



District 108 Families:

We are excited, to once again, announce an opportunity for your child to run and have a lot of fun! Over the past four years, hundreds of children throughout District 108 have participated in the **Dragon Dash Mini Marathon Program**.

**On Saturday, June 1, 2019 District 108 will be hosting the 6<sup>th</sup> Annual Dragon Dash.** For the past two years the event has now become known as the **Dragon Dash Cross Country Bash** since this program **benefits our Jr. High Cross Country Program**. The event will once again be conducted on the grass fields surrounding the 4-H Shelter (our Jr. High Cross Country Course), including the kids final mile of their mini-marathon.

- **Marathon Day is Saturday, June 1<sup>st</sup>. Start time will be at 10:00 am.** Students commit to running 25.2 miles prior to June 1. Then, on race day, students will join the other marathon participants from throughout District 108 and run the last 1 mile of the marathon on the grass fields near the 4-H shelter, starting and finishing at the 4-H shelter. *Kids will receive a Medal in recognition of their accomplishment as well as a mini marathon t-shirt in their school's color.*
- Students can run 1.5 to 2 miles each week at school between P.E. class and recess. Teachers will monitor students to be sure the full mileage is complete.
- Students run additional miles at home and fill out a training log to get their total 25.2 miles.
- **On race day, students will meet at the 4-H Shelter by 9:30 am to run 1 mile on our Jr. High Cross Country Course.** Several District 108 employees will be present to help assist students in finding their way to the start line, directing them on the course and cheering them on to the conclusion of their 26.2 mile journey!
- **The cost for the program is \$15 and includes the official race t-shirt and medal for all finishers.**
- Training at school will begin between March and April.
- **FINAL ENTRY DEADLINE TO RECEIVE T-SHIRT & MEDAL IS FRIDAY, MAY 3<sup>rd</sup>.**

We want to encourage even more students to join us at the Dragon Dash here in Pekin as we learn to “run for fun” and to gain a better understanding of the positive benefits running can provide! If you have any further questions please email Jake Norman at [jake.norman@pekin.net](mailto:jake.norman@pekin.net) or Stephanie Rindfleisch at [stephanie.rindfleisch@pekin.net](mailto:stephanie.rindfleisch@pekin.net).