

District 108 Families:

We are excited, to once again, announce an opportunity for your child to run and have a lot of fun! Last Spring, over 500 children throughout District 108 participated in the Dragon Dash Mini Marathon Program. Due to the interest, we are again offering this program at each of our District Schools.

On Saturday, May 27th, 2017 District 108 will be hosting the 4th Annual Dragon Dash. This year we are revamping the event to become the Dragon Dash Cross Country Bash since this program benefits our Jr. High Cross Country Program. The entire event will 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, May 27th. Start time will be at 9:30 am. Students commit to running 25.2 miles prior to May 27th. 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. Students run additional miles at home. You can fill out a training log to get to total 25.2 miles.
- On race day, students will meet at the 4-H Shelter (arrive by 9:15AM) to run 1 mile on our Jr. High Cross Country Course. Several District 108 employees will be present to help assist students find their way to the start line, direct them on the course and cheer 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 February and March.

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 or Stephanie Richards at stephanie.richards@pekin.net.