

**OCT
28
2023**

START TIME:

Family Heat – 8:30 a.m.
Grade Level Heats – 8:45 a.m.

RACE DAY CHECK-IN:

At the **Lake Mirror Auditorium** – Lakeland, Florida



RACE DAY CHECK-IN FOR KIDS FUN RUN

will take place in the Lake Mirror Auditorium starting at 7:00 a.m. Matching wristbands will be issued to all parents and children during check-in.

PARKING:

Lakeland Electric Garage or Main Street Garage

Bring Chairs & Blankets for participants and spectators to watch the exciting races.

Join us at the end of your heat at the Florida Dairy Farmers World Tour to participate in healthy activities, sample fruits and veggies, enjoy milk and cookies, and experience different cultures from around the globe.

RUN THE WORLD



**INNERACT ALLIANCE
RED RIBBON
RUN**

PRESENTED BY **publix**

MISSION

TO REDUCE THE ABUSE AND UNDERAGE USE OF HARMFUL SUBSTANCES ALONG WITH INVOLVEMENT IN OTHER RISKY BEHAVIORS THROUGH: COMMUNITY AWARENESS AND INVOLVEMENT; PREVENTION EDUCATION; ECONOMIC SUPPORT; AND LEADERSHIP DEVELOPMENT.

FOR ALL ADDITIONAL INFORMATION PLEASE CHECKOUT
INNERACTALLIANCE.ORG

You are invited to participate in the Red Ribbon Kids Fun Run on Saturday, October 28, 2023 around picturesque Lake Mirror. It's a fun family event where parents can run with their children during the Family Heat – 8:30 a.m.

RED RIBBON RUN REGISTRATION IS FREE FOR KIDS K-8TH GRADE!

If parents are running in Family Heat, there is a \$5 fee per parent.

**REGISTER ONLINE TODAY AT
INNERACTALLIANCE.ORG**

Registration for the Kids Fun Run is FREE prior to October 28th but there will be a \$5 charge day of race. Students who are registered **prior to October 14th** will receive a free commemorative Run t-shirt (t-shirt not guaranteed after 10/14/23). The Fun Run will start and finish at Lake Mirror Promenade. K-8 students will receive awards for 1st, 2nd, and 3rd place trophies in male and female categories. Awards will also be given to the top 3 elementary schools and top middle school with the largest percentage of student participation based on school census numbers. The private school with the highest percentage of participation will also receive a trophy.

2023 RED RIBBON RUN & CHALLENGE

offers fun activities to do over 4 weeks. Challenges may be completed in PE or at home.

The Challenges kick off on September 25 with Family Day – A Day to Eat Dinner with your Family and end on October 31. A different health-oriented challenge will be featured each week.



INSTRUCTIONS:

1. Go to [InnerActAlliance.org](https://www.inneractalliance.org) - click Red Ribbon Run tab to register
2. Post challenges [#RedRibbonChallenges](https://www.facebook.com/RedRibbonChallenges) to InnerAct Alliance Facebook page to show your hard work



SEPT. 25 - 30

NUTRITION & FAMILY DINNER

Eat & Keep Fit Together

Studies show families who eat dinner together build stronger relationships and foster better communication which helps kids make more informed decisions.

- How many Jumping Jacks can you do in a minute? Post how many you did on IAA Facebook page!
- Eat Together at least 4 times/week.
- Research a family recipe and shop together for ingredients – make it fun! Post a picture on the InnerAct Alliance Facebook page.
- Cook & enjoy one (or more) of the great-tasting recipes created by Publix Aprons chefs. For more healthy recipes and wellness tips, visit publix.com/wellness/tips-training.
- Practice and attend the Red Ribbon Run on October 28 – It's FREE for Kids! – [InnerActAlliance.org](https://www.InnerActAlliance.org)

MAKE A RECIPE FOR SUCCESS!



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OCT 1 - 7

KINDNESS & TOLERANCE

Ways to Promote Anti-Bullying

Bullying is a form of physical or verbal aggression in which someone intentionally mistreats another person and continues to do it. Look beyond differences to appreciate the PERSON.

- Make a Kindness Circle in class. Toss a ball, if you hold the ball, share a nice trait you have and one the person on your left has.
- Looking beyond the differences in others can encourage acceptance and prevent bullying.
- Appreciating the benefits of learning & living in a diverse community may result in less labeling of differences and hurting others.
- Let's work together to respect other cultures and live healthy and drug-free.
- Join us to "Run the World"



"A Different Experience"
Regal
LAKELAND

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OCT 8 - 14

HEALTHY MIND/ HEALTHY BODY

Eat & Keep Fit Together

Eat smart, stay active, reach out to others, and practice positive self-care to live our best lives!

- Enjoy Nutrient-Rich Snacks and refresh with a cold glass of milk. Milk contains vitamins, minerals, protein, healthy fat, and antioxidants for strong bones and a healthy diet.
- Do a practice run/walk of 1k (almost a mile) so that you are ready for the Red Ribbon Run!
- We're in this together – if a friend is feeling sad or has a problem they need to work out, the best thing is to encourage them to talk to a trusted adult. It's OK to ask for help.
- Self-care supports health and well-being. Circle up and show everyone your favorite way to relieve stress.

VISIT THE FLORIDA DAIRY FARMERS WORLD TOUR

after your run heat to participate in more healthy activities and celebrate different cultures from around the world.



FLORIDA DAIRY FARMERS



OCT 15 - 21

INVEST IN YOURSELF & IN YOUR FUTURE

Take time to learn about ourselves and other people, places, and cultures.

- Investigate your family roots. Talk to parents/grandparents about where your ancestors came from and learn family stories.
- Circle up to stretch, during this warmup time, each person share one country in your ancestry!
- Plan a Craft Day to make a piggy bank out of a recycled milk or juice container or box. Decorate with markers or stickers.
- Save money each week so someday you can travel to the places that interest you. Create a travel poster to hang on your wall for inspiration.



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