OCT 25 2025

START TIME:

Grade Level Heats – 8:30 a.m.
Family Heat – 10:45 a.m.

RACE DAY CHECK-IN:

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

You are invited to participate in the Red Ribbon Kids Fun Run on Saturday, October 25, 2025 around picturesque Lake Mirror. It's a fun family event where parents can run with their children during the Family Heat – 10:45 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 25th but there will be a $5 charge day of race. Students who are registered **prior to October 10th** will receive a free commemorative Run t-shirt (t-shirt not guaranteed after 10/10/25). 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.

RACE DAY CHECK-IN FOR KIDS FUN RUN

will take place in the Lake Mirror Auditorium starting at 6:30 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.

2025

INNERACT ALLIANCE RED RIBBON RUN

PRESENTED BY Publix.

RUN THE WORLD DRUG FREE

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

2025 RED RIBBON RUN & CHALLENGE

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

"The Challenges kick off on September 29 with "Eat Dinner with your Family Day" and ends on October 26.
Join the Red Ribbon Team on October 2 at Il Forno Restaurant (No./So. Lakeland).

INSTRUCTIONS:

1. Go to **InnerActAlliance.org** - click Red Ribbon Run tab to register
2. Post challenges **#RedRibbonChallenges** to InnerAct Alliance Facebook page to show your hard work

WEEK 1

SEPT. 29-OCT. 5

FAMILY DINNER & ACTIVITIES

Eat & Keep Fit Together

Create a Balanced Meal Plan for your Family – see **www.myplate.gov** to find out more.

Use a family recipe that may be from a distant land and Eat Dinner with your Family by having dinner at Il Forno (North or South Lakeland). Post a picture on the InnerAct Alliance Facebook page!

- ☐ Have Dinner with your family at Il Forno on October 2nd – all proceeds benefit InnerAct Alliance.
- ☐ Eat Together at least 4 times/week.
- ☐ How many Jumping Jacks can you do in a minute? Post how many you did on IAA Facebook page!
- ☐ Exercise to stay fit. Try some warm-ups first. Stretch by bending to your toes and reaching for the sky.
- ☐ Practice and Register for the Red Ribbon Run at – **InnerActAlliance.org**

Publix

WEEK 2

OCT. 6-12

KINDNESS & TOLERANCE

Ways to Promote the Positive!

What can you do to make your world better? Look around your home or your classroom and find ways to help someone or make them feel better. It ALL starts with being kind to YOU. Look beyond differences to appreciate the PERSON.

- ☐ Taking care of yourself is important so that you can be a part of a Wonderful World. Eating Healthy, Exercising are a great start but also reminding you how great YOU are! Take a moment each morning this week. **Example:** Hi Self, you sure did a great job being kind by saying hello to everyone you passed today. That is great!"
- ☐ 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.
- ☐ Do a Random Act of Kindness – open the door for someone – kindness doesn't cost money.
- ☐ Give a Helping Hand. Set the table or clean afterwards at home to give someone a break!
- ☐ Join us to **"Run the World"** Register for Red Ribbon Run!

Polk Sheriff's Charities, Inc.

WEEK 3

OCT 13-19

HEALTHY MIND/ HEALTHY BODY

Being your Best You

Be smart when you Eat, Exercise and Care for You as well as others.

- ☐ Yoga is a great way to calm your mind and stretch your body. Try the following poses: Downward Dog, Lotus Pose, Tree Pose, Child's Pose and Forward Fold – research and try them!
- ☐ 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.
- ☐ If you and your friend eat and exercise the same, you will still be very different. One may be tall and slim while the other may be more muscular looking. Both body types are great as long as you are both healthy. All our differences are what makes the world so fun!
- ☐ Get your Cardio UP! See how far you can run/walk. Get to a mile by October 25. Run with a friends or family – it's more fun! Remember to Stretch your muscles before you run.

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

WEEK 4

OCT 20-26

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.
- ☐ Do a Dance off using dance moves from other countries (Ex: Salsa moves from Latin America)
- ☐ Plan a Craft Day to make a piggy bank out of a recycled milk or juice container or box. Decorate with markers or stickers.
- ☐ $ave 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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