OCT 31 2026

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 31, 2026 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 31st but there will be a $5 charge day of race. Only students **registered by October 16th** will receive a free commemorative Run t-shirt. 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 World Tour to participate in healthy activities, sample fruits and veggies, enjoy milk and cookies, and experience different cultures from around the globe.

2026

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

2026 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 28.

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. 28-OCT. 4

FAMILY DINNER & ACTIVITIES

Eat & Keep Fit Together

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

Find a family recipe to cook together as a family or with friends.

- ☐ Celebrate National Family Day Monday, Sept 28 by eating dinner together as a family.
- ☐ Eat together as a family 4 at least 4 times a week.
- ☐ Involve the whole family in selecting meals – from grocery shopping to cooking it.
- ☐ Take After-Dinner family walks.
- ☐ Do Fun Family Exercises like jumping jacks, squats, high knees. Post activities on our IAA Facebook page.
- ☐ Learn Body Stretches and Warm-Ups. – Touch your toes or reach for the sky.
- ☐ Practice short running sprints each day & Register for the Red Ribbon Run at **InnerActAlliance.org**

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WEEK 2

OCT. 5-11

KINDNESS & TOLERANCE

Ways to Promote the Positive!

YOU can make your world a better place by finding ways to help someone or make them feel better. This also includes Self-Care and being kind to Yourself too.

- ☐ Tell yourself each day how GREAT YOU ARE!
- ☐ Start a kindness journal and write down 3 things you are grateful for each day.
- ☐ Kindness Challenge-Say or Do one kind thing each day.
- ☐ Make a Kindness Circle – Toss ball to someone. When you have it, share a nice trait that you have and the person on your right has.
- ☐ Join us to **"Run the World"** & Register for Red Ribbon Run at **InnerActAlliance.org**

Polk Sheriff's Charities, Inc.

WEEK 3

OCT 12-18

HEALTHY MIND/ HEALTHY BODY

Being your Best You

Eat foods that are good for you and stay physically active. You will feel better and be able to help others too!

- ☐ Yoga is easy. It can be done at home, in the classroom, or at recess.
- ☐ Have fun moving! Move like an elephant, jump like a kangaroo, slither like a snake.
- ☐ Breathe in and out to focus your mind and calm your body.
- ☐ Create a fun obstacle course with pillows, pool noodles, or equipment inside or outside at home. Make it a competition to complete it.
- ☐ Every "Body" Is Different! That is something to celebrate because we are all unique.

WEEK 4

OCT. 19-25

INVEST IN YOURSELF & IN YOUR FUTURE

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

- ☐ Learn about your family history. Ask your parents/ grandparents about where your ancestors came from and learn family stories.
- ☐ Create a memory book about you and your family.
- ☐ Do a craft with family.
- ☐ Set a Goal! - Maybe save money each week. For inspiration, create a poster for some of the things you want to do or buy.

RUN THE WORLD AT THE RED RIBBON RUN ON OCTOBER 31!

See you at Lake Mirror!

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