

INSPIRATION RUN 7

Friday, October 9, 2015

FITNESS IS FUN!

28 Miles

14 Schools

1 Purpose:

***to* INSPIRE**



The end is where we start from.

--TS Eliot



History

Community Outreach Programs

- Donated over \$35,000 to the Cabot School District PE Program
- After school running programs
- Summer family track nights for students and families
- Little Rockers Marathon training program for students
- Annual Spring Fling 5K Run, proceeds benefit Cabot Schools PE Programs
- Cabot School District Community Health Fair



The Cabot Country Cruisers is a local non-profit running and cycling club. The “Cruisers” reached out and formed a partnership with the school district five years ago to kick off the annual Inspiration Run. This event began in 2007 when Cabot Cruiser, Jackie Clinton created the event. While reading the June 2007 *Runner’s World*, Clinton was shocked by the grim statistics of childhood obesity and intrigued by examples successful running programs for kids. This issue motivated her to do something in the local community. The first annual Inspiration Run was conceived as a marathon to inspire healthy living for others. On May 25th, a traveling group of 4 bikers, 15 runners completed a full marathon through Cabot, stopping at every school and speaking to kids about the importance of exercise. The day was a huge success! The Cruisers reached school yards filled with cheering children. The run aimed to inspire other busy parents and excite the local youth to get up, get out, and get moving. The end of the run was really just a starting point. That first run led to both a summer track program and afterschool running clubs. As a result, a partnership has been formed between the Cruisers and the school district to promote fun fitness for life.

The concept of the Inspiration Run reflects the Cabot School District mission...”It’s About Kids!” We hope to INSPIRE kids to be fit and healthy for life!

INSPIRATION RUN 2015 Schedule

| | | |
|--|------------------|-----------------|
| Ward Central Elementary 1570 Wilson Loop, Ward | | depart 8:15 AM |
| Middle School North 1900 N. Lincoln | arrive: 8:55 AM | depart 9:05 AM |
| Jr. High North 38 Spirit Drive | arrive 9:15 AM | depart 9:25 AM |
| Westside Elementary 1701 South Second Street | arrive: 9:50 AM | depart 10:00 AM |
| Central Elementary 36 Pond | arrive: 10:20 AM | depart 10:30 AM |
| Middle School South 2555 Kerr Station Road | arrive: 10:45 AM | depart 10:55 AM |
| Jr. High South 38 Panther Trail | arrive: 11:00 AM | depart 11:10 AM |
| Southside Elementary 2600 South Pine Street | arrive: 11:15 AM | depart 11:25 AM |
| Stagecoach Elementary 8500 South Stagecoach Road | arrive: 11:50 PM | depart 12:00 PM |
| Eastside Elementary 17 Bellamy | arrive: 12:20 PM | depart 12:30 PM |
| Northside Elementary 814 West Locust | arrive: 12:45 PM | depart 12:55 PM |
| Mountain Springs Elementary 3620 Mountain Springs Road | arrive 2:12 PM | depart 2:20 PM |
| Magness Creek Elementary 16150 AR Hwy 5 | FINISH 2:30 PM | |

Please note: This is a liberal estimation.

Each year we have been within 10 minutes of predicted times.

Community Support

Individuals and businesses can participate in many ways:

Media Coverage: We want to share our message with parents and educators throughout our State. We would love any type of promotion or coverage through television, radio, or print media.

Financial Support / In-kind Donations

- Printing Costs for brochures, schedules, etc.
- Sports drinks, bottled water, snacks for runners & bikers (supplies for 100)
- Student Handouts: Items to give away to all or some students as we stop at each school: race t-shirts, sports equipment, balls, pedometers, any item that might promote fitness.

Participation: We would love for you to get involved!

- Join us by foot or bike.
- Drive or ride along in one of our support vehicles.
- Cheer us on at various schools.

For donations, please contact Annette Blanton:

501-779-2479 or cabotcruiser@yahoo.com

Checks can be made out to Cabot Country Cruisers

This 501c3 organization is part of the Road Runners Club of America



JOIN US!

Come along as we bring the joy of good health to the children of AR.

Contact: Annette Blanton
cabotcruiser@yahoo.com

501-779-2479

