

The Reagan 5K Race began in 2000 and celebrated its 18th year with over 1,500 runners, 12 percent who were age 12 and under. For the last three years, the number of youth participants has grown steadily, thanks to the partnership that began in 2014 among KSB Community Wellness—part of Katherine Shaw Bethea Hospital (KSB)—the Dixon Family YMCA and the RR5K Committee.

The partnership aimed to bring “Kids Just Wanna Reagan Run” to the community to fight childhood obesity and inactivity. Along with the help of parents and community volunteers, the three organizations worked together to establish activities to teach first- through sixth-graders how to stretch, run, and eat healthy.

To prepare for the 2017 race and its hilly route, the students trained twice a week during May and June. The class was full of hard-work and determination, as each student set out on a new adventure. They learned about character values, including self-discipline, teamwork and respect. For example, to teach sportsmanship and respect, students waited for each runner to cross the finish line. They also ended class with healthy snacks and fun games.

Students gained confidence and a sense of accomplishment while feeling the benefits of exercise and healthy eating.

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