

# RITE NOW @ ROP



During the Independence Day holiday weekend, students at Oak Grove Academy participated in a series of three cross country races, collectively named the Tour de Pain. The first race was a 4-mile race on day one, followed by two races on the second day- a 5K in the morning and a 1-mile speed challenge in the afternoon. The back-to-back nature of the three races and the challenge of running them in the Florida heat inspired the name, Tour de Pain!

Students who competed in at least one of the races earned a dry-fit race t-shirt and those who completed all three races earned a dry-fit race t-shirt and official Tour de Pain finishers medal. Oak Grove Academy had 14 student athletes complete all three races along with Program Director, Mike Petrella and Lead Educator, Bill Griffin.

Oak Grove Academy would like to give special recognition and appreciation to Doug Alred, founder of 1st Place Sports in Jacksonville. Mr. Alred generously donated all of the finishers' medals, race bibs, and dry-fit t-shirts for the event.

The OGA Tour De Pain was a great success, and the student athletes that participated felt a sense of pride and accomplishment for each running a total of 8.1 miles in one weekend!