

A Message From Our President, Judy Wexler

Happy Fall! I hope you and your families have been outside enjoying the beautiful fall weather. And I hope you have been using the iRun4Life mobile application to log in to the website and database. It's very easy for everyone to use.

We are excited to announce that the 9th annual iRun4Life Kids Only 3K Race will be staying at Doylestown Central Park! Please mark your calendars for Sunday, May 20, 2018 for an exciting morning of running and family fun. We have resolved the parking and construction issues and now have access to a large grass parking area at the top of Wells Road. More specific Race information will follow. If you are interested in volunteering, or would like to be on the Race Committee, please contact me at Judy@iRun4Life.com

It is never too early to secure sponsors for our Race, so please click on [HERE](#) and the link to the 2018 sponsorship form will pop up in the lower left hand corner of your screen. We really need help with sponsors, so if you have a local business contact, please ask them if they would like to support iRun4Life and help children stay healthy.

Have a wonderful and healthy Thanksgiving!

Judy

iRun4Life Gives Back!

iRun4Life made a second donation of new exercise equipment through its Gives Back Program. In October, iRun4Life Board members presented this equipment to the children at Roosevelt Elementary School in North Philadelphia- a low income school in need. The children were very excited to play with new dodge balls, building blocks and new team exercise equipment.

Thank you to our iRun4Life runners and their families who donated funds for this new equipment! We will continue our Gives Back Program next year and have another fundraiser in April. We hope all iRun4Life schools and their families will continue to help children in need have opportunities to exercise.

iRun4Life on the Radio!

Please listen in to Judy's interview with John Ralston from WNPV Radio 1440am which aired Sat. Oct. 28. Her goal was to reach out to our community to expand our running program into new schools and secure new sponsors. If you haven't already done so, you can click [HERE](#) to be taken to our website where you can listen to the recording.

New Schools & New Directors

New School

Oxford Valley Elementary

New Director:

Adrian Stoffregen, Oxford Valley Elementary

2018 School Directors Meeting

Please save the date and plan to join our Board Members and meet other school directors to share and learn new ideas on how to run an exciting iRun4Life running program at your school. In addition, we will be giving all the directors that attend the meeting some of our new promotional items that you can use as incentives for your program. You will also hear about all the new and exciting changes that are happening at iRun4Life!

The meeting will be held on Thursday, January 18th beginning at 7:00 PM at the Keller Williams office, located inside the Doylestown Commerce Building - 2003 S Easton Rd #108, Doylestown PA. Click [HERE](#) directions.

Cinnamon Honey Roasted Sweet Potatoes

By: [Cooking Classy](#)

These [Cinnamon Honey Butter Roasted Sweet Potatoes](#) require minimal ingredients yet they are out of this world delicious!

It's recipes like this that make it possible for us to get our kids to eat their veggies.

Serve these up with your roasted turkey for Thanksgiving or with roasted chicken and a green salad with a tangy cider vinaigrette dressing for the perfect any time fall meal!

All of us at iRun4Life would like to wish you and your family a safe and healthy Thanksgiving!
