

A Message From Our President, Gert Freas

What great running weather 2017 has been so far....have you been running?

If you haven't had a chance to look at our website (irun4life.com) recently, please take a moment to see that we have made some awesome changes. The changes were put in place in order to create a more child-friendly experience, from easier registration to new videos making it fun and exciting for your children to log their miles and good deeds. Let's see the how many miles and good deeds we can log this year.

iRun4Life has decided with the assistance of some participating schools to pilot an iRun4Life Gives Back Program. This year we are selecting a local underserved school in need of exercise/gym equipment. We believe that if children learn to love exercise at an early age, and realize how fun it is to feel healthy and strong, then they will live an active and healthy lifestyle. As we continue to develop the criteria for this program, we will have the details on our website.

Much like you getting ready for a great running season, we have been busy getting ready for another super iRun4Life Kids Only 3K which will be held on May 21, 2017. Just a side note, in 2016 the iRun4Life Kids Only 3K had more than 900 children register for the event. Between the iRun4Life Kids Only 3K and some local 5K events, there were more than 1500 iRun4Life participants running strong in the races last year. They all looked amazing!

Gotta Run

Gert

Redesigned Website And New Database

We are excited to introduce our Re-Designed Website and database. After months of hard work and fine tuning, it is now up and running! We hope that your children enjoy all the new graphics and videos and have fun using this interactive tool to track their miles and good deeds!

Welcome New Schools and New Directors!

New Schools

Rolling Hills Elementary

(Council Rock School District)

New Directors

Katelyn Ortendahl - Rolling Hills Elementary

Caryn Altomari - Hillcrest Elementary

iRun4Life 8th Annual Kids Only 3K

Sunday, May 21, 2017

Doylestown Central Park - Race start 9:00 am

We couldn't make this race possible without the help of the many generous Volunteers and Sponsors that support us each year. We are now forming our Race Committee and signing up Race Day Volunteers. Please click on the links below to find out more about the opportunities that are available for this year.

3K Race Registrations will be coming soon!

[Click here to be a race volunteer](#)

[Click here to be a race sponsor](#)

For questions about volunteering for the race, contact Gert Freas. For Sponsorship questions, contact Nick Scirba.

We want to hear your story!

Every program has a story. Share yours! Submit your accomplishment or unique program info by completing this short - 7 Question survey.

[Click Here](#) To Access The Survey

The Power of Positivity

By Dr. K.C. Wilder

Elite Mental Edge

Runners, on your mark, get set, GO! Runners, take your first step, your first stride and a leap of positivity in to the iRun4Life program!

Do not compare yourself to your peers at your first iRun4Life practice. Begin your training full of positive thoughts and goals. Have the attitude: "I CAN DO THIS!" and, while you are training say: "I AM HAVING FUN!" These two simple mantras will help you stay internally motivated.

Once you get the mantras down, here are three simple strategies for motivation to keep in mind:

Record individual progress of your running times and distances.

Be proud of your effort and positive attitude that you bring to each practice.

Praise your iRun4Life teammates on their motivation.

Positive energy creates a motivational team environment. Bring your best self to every practice and YOU and your teammates will reap the rewards. Have FUN!!

"The journey of a thousand miles begins with a single step." Lao Tzu

Thai Basil Chicken

By: [Skinny Taste](#)

Here is a quick, easy and healthy recipe for Thai Basil Chicken by Skinny Taste.

This is perfect for those busy weeknights when you need to get something on the table quick. You can use a different pepper if your family doesn't like spicy food.

Read more at SkinnyTaste.com

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"Celebrating Youth Fitness Through Running"

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