



The Inside Track September 2017

A Message From Our President, Judy Wexler

I hope everyone had a wonderful and relaxing summer and school is off to a great start! We have some exciting changes going on at iRun4Life. First, we are very fortunate to add four amazing women to our Board of Directors! We look forward to working with them to make iRun4Life better every year. Please read the article below to learn more about them.

Over the summer we worked very hard to improve the iRun4Life database to include all your suggestions from last spring. We are very happy to announce that the iRun4Life database is now mobile friendly for all iPhones, iPads, and Tablets to log miles and good deeds. However, we strongly recommend that when parents initially sign up their children for their school program, they do this on their PCs. It will be much easier to scroll up and down to input the parent and child's personal information on a PC rather than a mobile device.

Another exciting development is a change in the Kids Only 3K Race venue. Doylestown Central Park will be under construction for the next year and a half, so we are unable to have our Race at that location in May. With the growing number of race participants every year, we now have an opportunity to try a different race course. The Board is actively working on securing a new and larger venue and we will keep you updated. Also, Gert Freas has resigned from iRun4Life so now we have an opening for a new Race Director for our 3K. If you are interested in this position, please contact me at judy@iRun4Life.com. We are always looking for hardworking volunteers to expand our Race committee.

Please encourage your kids to go outside and play! Eat healthy and have fun!

Stay well & Happy running!

Judy

New iRun4Life Board of Directors

We are very excited to announce four new members to the iRun4Life Board of Directors!

[Yvette White – Treasurer](#)

Yvette has been the Buckingham iRun4Life School Director for the past 2 year and has joined the Board as Treasurer where her main role will be to keep track of all iRun4Life finances and budgets. She is also Co-President of the Buckingham Elementary PTO. Previously, she worked as a chemical engineer for DuPont and ExxonMobil.

Yvette lives in Doylestown with her husband and three children. She can be reached at Yvette@iRun4Life.com

[Jeanette Guerrelli – School Outreach Coordinator](#)

Jeanette has been the St. Jude iRun4Life School Director for the past 2 years and has joined the Board as School Outreach Coordinator. In this new role, Jeanette will help expand the iRun4Life running program into more elementary schools so more children can learn to love exercise.

Jeanette is an independent Consultant with Arbonne where she shares her passion for health and wellness, and is also an Integrative Nutrition Health Coach where she leads Healthy Living Programs focusing on clean eating and a healthy diet.

Jeanette resides in Bucks County with her husband and three children. She can be reached at Jeanette@iRun4Life.com

[Carol Thomson – Gives Back Program Coordinator and Grant Writer](#)

Carol is new to iRun4Life and will be the new Gives Back Program Coordinator as well as the grant writer for iRun4Life. In this new role, Carol will be working with our School Directors to continue our Gives Back Program fundraiser so we can continue to help schools and children in need. She will also write grants to help increase our budget.

Carol is a CPA and has an MBA in finance. She has a financial planning practice and is an independent consultant for various organizations.

Carol lives in Warrington with her family. She can be reached at Carol@iRun4Life.com.

[Susan DeMilia – Secretary](#)

Susan has been a volunteer for the Kutz iRun4Life running program for the past few years where her children participated. She has also been a sponsor for our 3K Race. In her role as Secretary, Susan will support everyone on the Board regarding meetings and trainings, help solicit new sponsors, and help with the 3K Race.

Susan has been a speech language pathologist for 25 years and owns Circle Speech in Doylestown and Newtown.

Susan lives in Doylestown with her husband and three children. She can be reached at Susan@iRun4Life.com

iRun4Life Gives Back to Bayard Taylor Elementary

In a very special effort to pass on the gift of good health and share in our love of exercise, more than 1,000 iRun4Life runners from 11 iRun4Life

affiliated elementary schools raised more than \$7,400 to buy new exercise equipment for Bayard Taylor Elementary School in North Philadelphia.

During the week of April 24, 2017 runners from Buckingham Elementary, Bridge Valley Elementary, Jamison Elementary, Doyle Elementary, Kutz Elementary, Linden Elementary, Pine Run Elementary, Cold Spring Elementary, Richboro Elementary, St. Jude Elementary, and Our Lady of Mount Carmel participated in special running events to raise money for Bayard Taylor Elementary.

All the new exercise and team building equipment was delivered to the children at an assembly at Bayard Taylor in September 2017 for the start of the new school year. Our goal is to continue this program every year in order for iRun4Life families to give children in need opportunities to be excited about getting fit and staying healthy.

We are incredibly proud of our runners and thank them and their families for their support!

Welcome New Schools and New Directors!

New Schools

Goodnoe Elementary
(Council Rock School District)

New Directors

Stephanie Rothrock - Director, Goodnoe Elementary
Nicole Scabarozzi - Director Butler Elementary
Carissa Van Der Sluis - Co-Director Butler Elementary
Maria Testa - Director, St. Jude
Sal Lentini - Director, Kutz Elementary
Jamie Koller -Co-Director Kutz Elementary
Anthony Rogers - Co Director, Pine Run

Baked Shrimp Taquitos

By: [Skinny Taste](#)

photo courtesy of [skinnytaste](#)

Baked Shrimp Taquitos are so much lighter and healthier than frying, and they come out perfect and crisp! The shrimp filling is SO good you'll be

tempted to eat it before you roll them up. You can also make the filling to use for shrimp tacos.

These are great as an appetizer, or serve them with salad and guacamole to make it a meal. Click HERE to read more.

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