

From Our President

How time flies! School is back in session, holidays are upon us and soon everyone will be starting their iRun4Life program. It is so great to see the children active and having a fun time.

We have some welcome additions to our Board of Directors. Kathryn (K.C.) Wilder, PhD is a Sports Psychologist who works with elite and recreational athletes. She assists with issues around motivation, fears, and other blocks to performance that many athletes experience. Also, Michael Gladysz, a University of Pittsburgh graduate has nearly 10 years of experience in marketing, public relations and media.

We are in the final agreement stages with 4 new schools which will bring us to 31 schools participating in the iRun4Life program. Together, with your help we have worked to reach out to others to grow and develop this amazing program. Keep spreading the word.

We are putting the final touches on our iRun4Life Kids Only 3K race. More details about the race will be posted on our website and Facebook page by Dec 1st.

Gotta Run,

Gert Freas

2017 Kids 3k Save The Date

**The iRun4Life Kids Only 3k
Sunday, May 21, 2017
Doylestown Central Park - Race start is 9:00 am.**

[Visit Our Website](#) for detailed information about the many different Sponsorship opportunities that are available. Volunteers are needed for the race so watch your email for a Sign Up Genius invitation as we get closer to the race date. We are also now forming an official Race Committee. Please contact [Gert Freas](#) for more information on how you can get involved.

Welcome New Schools & New Directors!

We would like to wish a warm welcome to **Welch Elementary in Council Rock School District** and **William H. Ross Elementary in Margate City School District** to our program. We wish you all the best for a successful first year with iRun4Life.

We would also like to welcome and thank the following new Directors - your dedication and support to our program is greatly appreciated.

**Diane Gaw - Welch Elementary
Lisa Carey - Ross Elementary
Kat Leyland - Gayman Elementary
Leigh Taylor - Radnor Elementary
Kim Rogers - Pine Run Elementary
Jill Laster - Warwick Elementary**

Director's Corner

Director's Meeting

Thursday January 26, 2017 at 7:00 pm

We are excited to announce our new meeting venue at Keller Williams located in the Doylestown Commerce Center – 2003 South Easton Road, suite 108, Doylestown PA 18901.

Background Check for Directors & Volunteers

Pennsylvania State law requires all volunteers to obtain a background check. The primary objective of the Background Check Screening Policy is to protect all the children who participate in our running programs. A secondary goal is to protect our parents and all volunteers who help make iRun4Life a success. Background Checks for Directors in Pennsylvania are due to iRun4Life no later than January 1, 2017. Each week of your program, all Directors must ensure that all of their volunteers at Pennsylvania Schools have clearances or they cannot volunteer.

[Visit Our Website](#) to find out more about mandatory **Background Checks in Pennsylvania.**

iRun4Life Relays for Fun, Play and Positivity!

By Dr. K.C. Wilder
[Elite Mental Edge](#)

To help kids develop a positive attitude about running, make it as fun as possible at the onset of the program. Kids love to play, so initially create a playful environment. If the program is fun in the beginning, the kids will want to show-up week after week. Also, as their fitness progresses their motivation will build because they will feel a sense of accomplishment.

Here are some fun relay ideas to use as ice-breakers for your kids to get them moving, talking and playing!

OVER UNDER, UNDER OVER COLOR RELAY: Kids line up and then pass a small ball under their legs and then over their head until it reaches the end of the line. The last person RUNS to the front of the line and YELLS out their favorite COLOR. Then, they continue passing under and over until the person who started at the front of the line returns to the front.

THE ORANGE RELAY: The Orange Run - Each team gets an orange and a large dinner plate. They must carry the dinner plate "waiter/waitress-style" down to a designated spot, turn around, and carry the plate back to the next person. If they drop the orange, they must stop and put it back on the plate, Yell OUT a healthy fruit or vegetable snack (for example, apple, banana, watermelon, celery, carrots, tomatoes) without taking any steps before continuing on.

THE CHICKEN & THE EGG RELAY: A tennis ball (or beach ball) is the chicken egg and a box can

represent the nest. Place the box 50 meters from the starting line. Have the kids line up at the starting line. One at a time, kids will put the ball between their knees and race to the "nest" to drop their eggs, then they will pick the egg back up and run back to the starting line to pass it off to the next child. If they drop the egg, they must stop, **FLAP THEIR WINGS LIKE A CHICKEN**, put the ball back between their knees (without moving forward) and then continue to the nest. The first team to get everyone down to the nest, wins!

In the beginning, a culture will be established that play is the foundation of iRun4Life. Whether a runner is slow or fast is not what is most important. What is most important is to build friendships, be free of fear of failure and run for the sake of running. Run slow, run fast, simply just run, and have fun!

Do You Know A Student That iRun4Life Has Made A Significant Impact On?

We are looking for students that iRun4Life has made an extraordinary impact on for a possible upcoming story. If you know of a child that was especially affected by our program in a positive way, we want to hear about it!

Please share your story with us by contacting [Gert Freas](#).

Kids Trivia!

Hey Kids - try testing your knowledge about Nutrition and Exercise by taking this fun 10 question Quiz by [Kidz World](#).

[Click Here](#) to take the Kids World Eating and Exercising Trivia Quiz!

Sheet Pan Fajitas

During the cooler months when we are all busy with kids' activities, it's nice to have a recipe that is fun and easy to prepare and a snap to clean up. These [Sheet Pan Fajitas by Cooking Classy](#) are sure to be a hit with your family. For a vegetarian option, you can substitute tofu or beans for the chicken.

Photo by [Cooking Classy](#).

Click on the link on the upper left hand corner of the page to see more healthy, family friendly recipes on our website.

If you have a Family Friendly, Healthy tried and true recipe that you would like to share, email it with a photo and credit to the original author to [Dawn Olsen](#)

Support iRun4Life by Shopping at Amazon

Shop at AmazonSmile (instead of Amazon)

AmazonSmile is a simple and automatic way for you to support iRun4Life every time you shop-at no cost to you. When you shop at Amazon Smile, you will find the exact same selection of items and the same Amazon shopping experience but with the added bonus that Amazon will donate a portion of the purchase price to iRun4Life. You simply choose iRun4Life from the list of charitable organizations. Your account and password are the same as at Amazon; you are now just part of a charitable organization.

[Click Here](#) to shop on Amazon Smile and support iRun4Life.

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases each time you shop. It's that easy! So instead of shopping at Amazon, shop at AmazonSmile!

Thank you for supporting iRun4Life!