

# The Inside Track February 2018

## A Message from Our President, Judy Wexler

Welcome to 2018! I hope you and your families have been having a wonderful school year. iRun4Life running programs will be starting soon, so be on the lookout for your school's sign-up dates. Please register your children online with your computer or tablet using your email address (no more usernames!). Your iRun4Life School Directors are excited to start the spring running session soon.

And remember, children can log their miles and good deeds using your mobile phones. It's very easy!

The 9<sup>th</sup> annual **iRun4Life Kids Only 3K** will be on Sunday, May 20, 2018 at Doylestown Central Park. There will be a new grass parking lot available, so there will be plenty of parking. If you are interested in volunteering, or would like to be on the Race Committee, please contact me at [judy@iRun4Life.com](mailto:judy@iRun4Life.com). It's never too early to secure sponsors for our Race, so please click on the link below for the 2018 sponsorship form. 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.

More race information will be following shortly.

Happy Running!  
Judy

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## iRun4Life Board of Directors Changes

We have a few changes to the iRun4Life Board of Directors.

- **Carol Thomson** has taken on the position of Board Treasurer. Carol is a CPA and has an MBA in finance, so this position is a perfect fit for her and iRun4Life.
  - **Yvette White** has transitioned off the Treasurer role and has taken over the Gives Back Program Coordinator position. Yvette is also the Buckingham iRun4Life School Director and had an incredibly fun and successful Gives Back fundraiser last year. She will be working with all iRun4Life participating schools on our 2018 Gives Back Program this spring. She can be reached at [Yvette@irun4life.com](mailto:Yvette@irun4life.com).
  - Dawn Olsen has stepped down as our Administrative Assistant, but we are very excited and fortunate to welcome **Caroline Jaroszewski** as our new Administrative Assistant. Many of you may already know Caroline from her very successful 'Cakes by Caroline' business, and she is incredibly qualified to take on this new role. We look forward to you meeting and working with her. Caroline can be reached at [Caroline@irun4life.com](mailto:Caroline@irun4life.com).
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## Real Woman Article about iRun4Life!

Our iRun4Life founder and president, Judy Wexler, talks about the philosophy, success, and sponsor needs of the iRun4Life organization in the latest issue of Real Woman Magazine. Click the link to read the article, "Judy Wexler Is Fighting Childhood Obesity By Making Running Fun": <http://realwomanonline.com/leading-charge>

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## Welcome New Schools and New Directors!

### New Schools

Highland Elementary, Abington School District

### New Directors

Suzanne Wilson - Director, Highland Elementary  
Molly Dolan - Co-Director, Highland Elementary  
Kathy Bareuther - Director, Linden Elementary  
Amy Sestito - Co-Director, Welch Elementary  
Devyn Dukes - Co-Director, Oxford Valley Elementary

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## Gives Back Program – Thomas Mifflin School

We are very excited to continue our **Gives Back Program Fundraiser** where we raise money for a low-income school in need. This year we have chosen the Thomas Mifflin Elementary School in North Philadelphia. This school has grades K-8, and the children have very limited physical education and recess equipment. They are requesting new team sports equipment, and fitness equipment for cooperative and educational games. The Gives Back fundraiser will take place the week of **April 16<sup>th</sup>** and we are hoping that all iRun4Life schools will participate. School directors will create exciting running events during their training day of that week. We will provide collection jars for all schools and our goal is to raise \$5,000 to purchase new exercise equipment for the Mifflin school. More information will follow!

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### New - Facebook Donate Button!

The iRun4Life Facebook page now has an active **Donate** button allowing anyone to make a donation to our organization right on Facebook! Donating this way allows the full amount to be paid out, as Facebook does not charge any payment fees to charitable organizations. Please encourage people to visit our page, [www.facebook.com/iRun4Life](http://www.facebook.com/iRun4Life), and click **Donate** under our logo/cover photo.



### Pictures and Videos Wanted!

We would love to post up-to-the-minute photos and videos of your weekly practice runs on our Facebook page. If you're able to snap a couple photos or take a video of the kids running, simply email them to [caroline@irun4life.com](mailto:caroline@irun4life.com) and Caroline will post them. This will be a great way for parents to see the fun their kids are having each week and will help promote our program to other schools. We look forward to seeing your pics and videos!

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### Maple-Mustard Skillet Chicken

By: [Cooking Classy](#)

We have found a quick, easy, and healthy recipe for **Maple-Mustard Skillet Chicken** by [Cooking Classy](#) (click Recipes > Healthy > Maple-Mustard Skillet Chicken).

This is perfect for those busy weeknights when you need to get something on the table quick. You can use a whole grain dijon mustard in place of the 2 mustards listed - so no need to run to the store!

Read more at [CookingClassy.com](http://CookingClassy.com).

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**"Celebrating Youth Fitness Through Running"**

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