



The Inside Track



June 2018

A Message From Our President, Judy Wexler

We are so happy Spring and warm weather have finally arrived!

Congratulations to all of our iRun4Life runners who participated in your school's running program. We hope you enjoyed running after school with your friends, and learned how important it is to exercise every week to stay healthy and strong. Please continue with your running and healthy eating throughout the spring and summer, and take a parent or friend along for a run!

We had a very successful 9th Annual iRun4Life Kids Only 3K Race on Sunday, May 20. Thankfully, the weather cooperated and we had a wonderful morning of running and fun. Congratulations to all of our amazing runners who participated! We are very proud of you. Please check out all the race photos on our [Website](#), as well as the iRun4Life [Facebook page](#) and Instagram page (find us at [irun4lifekids](#)).

And a big "thank you" to all of our incredible volunteers and sponsors who make it possible to have this huge event every year. And a very special thank you to our key sponsors – Dr. Anne O'Day Orthodontics, Fred Beans Family of Dealerships, and Dr. Sam Kadan Orthodontics. We are very grateful for your continued support and hope you will join us again next year!

Have a wonderful and safe summer. Stay healthy and strong!

Happy Running!
Judy

iRun4Life Kids Only 3K Recap



We had a sea of purple on Race day with over 700 kids registered for the race. The weather was iffy the whole week prior, but race day turned out to be perfect.

Congratulations to all of our runners for a great iRun4Life season and race. Check out the [Race results](#), and the complete list of [Award winners](#).

Overall Wave 1 Winners (grades 4-6):

Anna McGrath, grade 4, Linden, 12:38
Michael Gerbino, grade 5, Kutz 11:53

Overall Wave 2 Winners (grades K-3):

Kya Lynch, grade 3, Bridge Valley, 15:16
Arturius Perez, grade 3, Doyle, 14:24

Welcome New Schools and New Directors

Krista Sherkey, Director, Our Lady of Mount Carmel
Mark White, Director, Plumstead Christian

Gives Back Program – Thomas Mifflin School

We are very excited to announce that during April and May, 2018, iRun4Life runners from Bridge Valley, Buckingham, Cold Spring, Doyle, Linden, Kutz, Pine Run, Butler, Highland, Pine Road and Welch participated in special running activities, raising \$3,000 for the Thomas Mifflin School children. The iRun4Life Board is also contributing toward our fundraising goal, and together we have raised \$6,000 to purchase new team sports equipment and fitness equipment for cooperative and educational games. Thank you to all of our runners for an amazing fundraiser! The children at Thomas Mifflin School will be very grateful to you for the new equipment that will be delivered at a school assembly in September for the start of the new school year. Look for photos in an upcoming newsletter!

Director Spotlight

Carissa VanDerSluis is a mom, a business owner and a high school social worker.

So it's understandable that she doesn't have a lot of free time.

"Yes, things are busy," she said with a laugh.

It doesn't stop her, though, from positively impacting kids through iRun4Life.

VanDerSluis is an iRun4Life Director at Butler Elementary School, meaning she coordinates the running program for kids at the school. For the last three years, her efforts have helped elementary school-aged kids at Butler become healthier and more active through running.

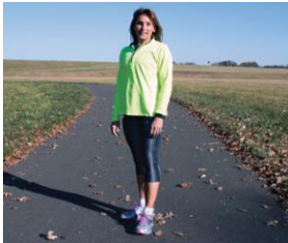


With three kids of her own and as a former competitive runner herself, VanDerSluis knows the impact that healthy habits can make on a child. Through iRun4Life, she has a chance to see it almost daily.

“In terms of running, I think it gives the kids such a good outlet,” said VanDerSluis, who is also a personal trainer. “For me, especially, it’s always been a stress reliever. And kids these days need that.”

VanDerSluis has helped build Butler’s program into a model for other schools. Along with organizing the running program, she’s involved her kids with the annual iRun4Life Kids Only 3K, which brings hundreds of kids together each May.

“The race is an accomplishment after everything the kids work towards,” she said. “Especially the kids who come into the program and have never run before. A lot of them start just by walking. So going from walking to completing a 3K, that’s a huge accomplishment. It empowers them and shows that if they practice and put the in the work, it pays off.”



Worth another mention ... 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>

Facebook Donate Button & Fundraising

The iRun4Life Facebook page 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, and click **Donate** under our logo/cover photo.



There is also an easy way to run your own Facebook fundraiser for iRun4Life. Your friends and family who view the post and would like to donate can do so right on Facebook -- it's so easy! Facebook fundraisers will help us raise money for the upcoming iRun4Life season, and will benefit the general organization fund so we can help the schools with their needs and bring in needed funds for the Kids Only 3K Race. Click [here](#) to see how it's done!



Recipes featuring healthy ingredients for healthy living

Summer Garden Linguine with Corn, Tomatoes & Fresh Herbs

By: [Heather Christo](#)

Wow -- a recipe that is super easy, quick and delicious! The recipe for **Summer Garden Linguine with Corn, Tomatoes & Fresh Herbs** is all about being simple -- and vegan! The corn provides an amazing sweetness, and the juicy tomatoes really makes the dish pop. And, as an alternative, make it gluten-free by using gluten-free linguine!

Find the recipe at [HeatherChristo.com](#) -- search "summer garden linguine". Enjoy!



Fruit Kabobs

By: [Skinny Taste](#)



Fruit Kabobs are a summer favorite -- and kids love them! They can even help put them together. This easy-peasy summer snack is sure to please at any event, or even just for sitting around the pool. A fabulous addition is an easy dip, such as low fat sour cream mixed with brown sugar.

Find the recipe at [SkinnyTaste.com](#) -- search "fruit kabobs". Enjoy!

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