

The Inside Track June, 2017

A Message From Our President, Judy Wexler

It has been a very exciting and busy spring season for iRun4Life! All of your school running programs have finished and were a huge success. Some schools had incredibly fun color runs and special running events for the first annual Gives Back Program in April where your runners raised over \$7,400 to purchase new exercise equipment for Bayard Taylor Elementary School. And we had a beautiful day for the iRun4Life Kids Only 3K Race with close to 800 runners! Thank you to all of our School Directors and volunteers who made this running season fun for all the children.

I am also very happy to announce a few changes to our Board of Directors. I look forward to my new role as President, and we are excited that Gert will continue to be the 3K Race Director. Also, please welcome Yvette White (Director at Buckingham) who is the new iRun4Life Treasurer, and Jeanette Guerrelli (Director at St. Jude) who is the new School Outreach Coordinator. Jeanette will help expand our running program into new schools and new school districts! Both Jan Lessman and Trish Waugh have resigned, and we thank them for their commitment and involvement to iRun4Life. We wish them the best.

Summer is right around the corner, and we hope everyone will continue to exercise and stay healthy. We look forward to seeing you soon! Have a great summer!

Happy Running,

Judy

Global Running Day and iRun4Life Kids Only 3K Re-cap

Gert Freas, Race Director

Global Running Day, which is the first Wednesday in June was developed to celebrate the joy of running, We here at iRun4Life already know the benefits of running and want to continue to pass on the passion and fun you can have while running. Ask any of the 3,000 children who participate in the iRun4Life program or the children who ran at our 8th Annual iRun4Life Kids Only 3K on May 21, 2017. The fantastic weather and seeing all 765 children who came to prove to themselves and their parents that they were prepared to run a 3K on their own was awesome. The faces of the children as they crossed the finish line was priceless.

This year we had a spectacular boys finish with just seconds between them as they raced to be the first to cross the line. We also had a course record for the girls finish at 11:43!

The overall winners are:

Wave One (4th - 6th grade)

Devon Sutton 6th grade (11:43) and Lucas Niland 6th grade (11:25)

Wave Two (K - 3rd grade)

Anna McGrath 3rd grade (14:03) and Parker Smith 3rd grade (12:11)

Congratulations to each and every child!

A special thanks to all the volunteers who donated their time. An event this big could not happen if we didn't have the dedication and support of our volunteers. We had over 120 volunteers making sure the children were safe while having a great time.

Thank you to the generous sponsors for their support. This race would not be possible if we did not have the sponsors who helped make this happen

A BIG thank you to the parents of the runners for allowing your child(ren) to participate in the iRun4Life Kids Only 3K.

Please check out the all the results at [iRun4Life.com](http://iRun4Life.com)

Welcome New Schools and New Directors!

New Schools

Ross Elementary

(Margate, NJ School District)

New Directors

Rachel Pugh and Gerda Strak

(Radnor Elementary)

Nicole Scabarozi and Cariss VanDerSluis

(Butler Elementary)

## iRun4Life Gives Back Program

As part of our community good deeds, iRun4Life started our first annual Gives Back Program to raise funds for a low income school in need. During the week of April 24, eleven iRun4Life schools participated in special running programs, and the children raised funds for Bayard Taylor Elementary school in North Philadelphia. The runners raised over \$3,700 and iRun4Life matched these dollars for a total donation of \$7,400! The children at Bayard Taylor wrote and colored thank you notes to the iRun4Life runners, and the school Directors read them to the children, then hung up the pictures in school. The children at Bayard Taylor are very grateful for all the new exercise equipment we are purchasing for them – these items include volleyballs, NutriPlay food tag frenzy, Action Bounce Blast, dodgeballs, and several team building games. These are all new and innovative games that will help the children stay active and healthy. Once all the equipment arrives, we will deliver it all to Bayard Taylor in September for the new school year.

Thank you to all of our incredible runners and their families. You did an amazing Good Deed for other children that will last for many years. We are very proud of all your hard work.

## Central Bucks South High School Track & Cross Country visits Titus Elementary!

On April 19, 2017 six of the Central Bucks South Track and Cross Country athletes accompanied Coach Marsden to Titus Elementary to help instruct proper stretching and drills and then they ran with the kids as part of their iRun4Life program. Over the past years, the South athletes have also donated extra clothing and spike bags as incentives to the kids participating in iRun4Life.

A huge thank you to Jay Marsden for leading the day as well as the following athletes: Maggie Bird, Becca Stratz, Nancy Mc Grath, Matt Scarpill, Dom Pignatelli and Emmett Nyce.

This is a partnership both South and Titus hope to keep for years to come and possibly duplicate the program at other elementary schools in the Central Bucks South cluster.

## Volunteer Opportunities

We are constantly working to grow and improve the iRun4Life program. If you are interested in joining the Board, we currently have the following openings available. Please contact Judy at: [judy@irun4life.com](mailto:judy@irun4life.com) if you are interested and/or would like more information.

iRun4Life Board Secretary – Attends and schedules monthly Board meetings and takes minutes of the meeting. Gathers agenda topics and creates monthly agenda. Coordinates all correspondence among the Board. Maintains and updates Board Manual, Board's Bio's and all other organizational documentation. Organizes any Board trainings. Assists the President and Administrative Assistant. Helps with the coordination of the 3K Race meetings and volunteers.

Partnership Coordinator – Solicits sponsors for iRun4Life and the 3K Race, as well as establish partnerships with other organizations such as Horsham Athletic Club.

Social Media Administrator – Creates and updates iRun4Life school programs and Race social media for Facebook, Instagram and Twitter. Updates photos on the website.

Gives Back Program Promoter – Helps choose potential recipients for the Gives Back Program, and coordinates the fundraiser with the iRun4Life schools. Creates posters, flyers and posts social media to promote the Gives Back Program. Work with the Gives Back recipient to purchase the items requested and coordinates delivery and possible social media (TV or newspaper article).

Grant Writer – Researches and writes grants for iRun4Life.

How much sugar is too much?

By Jeanette Guerrelli, Certified Integrative Nutrition Health Coach

We have all heard how unhealthy too much sugar is for our health. Why is it harmful and where does all this sugar come from? What can we do to reduce the amount of sugar we eat each day?

Most young people are eating way too much sugar today. Cereal and fruit juice for breakfast, white bagel with cream cheese and fruit roll up for lunch, dinner may include a soda or another sugary drink, with cookies and ice cream for dinner. That's a lot of added sugar!! The American Heart Association recommends that children ages 4-8 have no more than 3 teaspoons per day (12g) and pre-teens and teens no more than 5-8 teaspoons (20-32g). A study conducted by the AHA found children as young as 1-3 years already bypass the daily recommendations, and typically consume around 12 teaspoons (48 g) of sugar a day. By the time a child is 4-8 years old, his sugar consumption skyrockets to an average of 21 teaspoons (84 g) a day. The same study found 14-18 year old children intake the most sugar on a daily basis, averaging about 34.3 teaspoons (136 g).

Besides the typical places you find sugar like sweet treats, added sugar can also be found in yogurt, cereal, cereal bars, canned soup, spaghetti sauce, protein bars, sports drinks, fruit juice and foods made with white flour like bread, pasta, bagels, muffins...Sugary treats and drinks have lots of calories and little nutrients.

At first, sugar gives a lot of energy then it makes you really tired and cranky. Then you crave more sugar to give you another boost. Some people get headaches or feel sick from eating sugar. Too much sugar suppresses the immune system and is also associated with hyperactivity, anxiety, type 2 diabetes, high cholesterol, high blood pressure, obesity, asthma, acne and more...

Our bodies DO NOT need processed white sugar and there are many easy ways to eat less of it.

\*Replace sugary drinks like fruit juice, sports drinks, energy drinks, and soda with water. Add lemon, lime, watermelon, cucumber or strawberries to add flavor.

\*Read labels. On labels, sugar isn't always listed as sugar. It has many hidden names like high-fructose corn syrup, dextrose, glucose, fructose, and many more. Have kids play Food Detective by having them read labels in the grocery store and put back anything that has more than 5 ingredients and has more than 10 grams of sugar.

\*Switch out cookies and ice cream for fresh fruit, apples with peanut butter and cinnamon, whole wheat crackers, organic cheese, unsalted nuts, blend frozen berries to make a smoothie, air popped popcorn with sea salt.

\*Make nutritious foods fun by having kids help you prepare snacks and meals.

\*Have fresh fruit and pre-chopped veggies on the counter when kids come home from school.

\*Focus on protein, whole grains, fruits and vegetables when making meals and packing snacks.

\*Prepare more meals at home and eat out less.

Make one small change each week for your health and the health of your family!

Guiltless Banana Ice Cream

By: SkinnyTaste

The ultimate "guilt-free" frozen ice cream treat made with only ONE ingredient, over-ripe bananas! No cream, or sugar added. Finally it's OK have ice cream for breakfast.

[Click Here for a Link to SkinnyTaste for the recipe](#)

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"Celebrating Youth Fitness Through Running"

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