



The Inside Track



September 2018

A Message From Our President, Judy Wexler

Welcome back to school! We hope you had a wonderful summer, and had a lot of fun playing and running outside.

A huge thank you to the iRun4Life Schools who participated in our Gives Back Program to raise money for the children at Thomas Mifflin and Edward Gideon Elementary schools. All of the new exercise equipment was delivered to the children at school assemblies on Sept. 25 and 26. The children are very grateful to all the iRun4Life runners and their families. They are very excited to start using the new exercise equipment and to be able to exercise all year long.

We are also very excited to announce that iRun4Life is the 2018 recipient of the Road Runners Club of America Kids Run the Nation Grant. We will use this grant money to help expand iRun4Life's running program into new elementary schools and get more children up and running!

In November, I will be attending the Pennsylvania State Association for Health, Physical Education, Recreation and Dance (PSAHPERD) conference at Seven Springs Mountain Resort. I will have a vendor table where I hope to connect with elementary school gym teachers and principals. Our goal – as always – is to share our mission to combat childhood obesity by getting as many kids as possible running and eating healthy.

Have a great school year and Happy Running!
Judy

Welcome New Schools and New Directors!

New Schools

Welcome Back - Seylar Elementary School!

New Directors

Angie McFadden, Director, Seylar Elementary School
Mya Fahy, Director, Pine Run Elementary School
Leslie McManus, Co-Director, Pine Run Elementary School
Jessica Philp, Director, Jamison Elementary

Gives Back Program -- Delivery to Edward Gideon & Thomas Mifflin Schools

The 2018 Gives Back Program was a wonderful success! Thank you to Yvette White, Gives Back Program Coordinator, and the hundreds of iRun4Life runners from Bridge Valley, Buckingham, Cold Spring, Doyle, Highland, Linden, Kutz, Pine Road, Pine Run, Butler and Welch who participated in special running events last April during your after-school running programs. Together we raised \$6,000 to purchase new modern gym equipment for the children at Gideon and Mifflin so they can exercise every day.

The Gideon assembly was held on Sept. 25 with Principal Taylor, Otis Hackney – Chief Education Officer of the Mayor's Office of Education for Philadelphia, Greg Wright – Community School Coordinator, and Sarah Peterson – Communication Director at the Mayor's Office of Education.

Children from Kindergarten through 4th grade were in attendance. After we spoke for a few minutes telling them about our successful Gives Back Program fundraiser, the children were very excited to play with the new speed ropes, basketballs, volleyballs, hula hoops, parachute and ball game. But the most special items we purchased for them was a brand new kickball and bases. The children at Gideon love to play kickball and for years they had been playing with an old shredded ball and no bases. They are incredibly excited to have all this new equipment and are very grateful to our iRun4Life runners and their families.

The Mifflin assembly was held on Sept. 26 with Principal Mason, and Karly Houser – Physical Education teacher and many other teachers. Children from Kindergarten to 5th grade were in attendance. We spoke about our iRun4Life runners and how they ran special running events and raised the money for their new equipment. The children were very excited and grateful to play with their new basketballs, double dutch jump ropes, volleyballs, soccer balls, and marbles games. There will also be a large fun hoop that will be set up outside. The 5th grade children also colored pictures saying 'Thank you iRun4Life'!

Recent articles from The Philadelphia Tribune:

- [Gideon students get new exercise equipment](#)
- [iRun4Life donates \\$1,000 worth of exercise equipment to Gideon Elementary](#)

Check out our photo galleries from both of the Gives Back Program assemblies:

- [Edward Gideon School](#)
 - [Thomas Mifflin School](#)
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iRun4Life Selected for RRCA Grant!

iRun4Life is honored to have been selected to receive a "2018 Kids Run the Nation" grant! The [Road Runners Club of America](#) received over 300 grant applications, and iRun4Life was selected based on our strong match to the grant criteria. Thank you [RRCA](#) – we look forward to another amazing season inspiring a lifetime of fitness through running!

Director Spotlight -- Yvette White

Yvette White knows the iRun4Life running program as well as anyone. Her favorite part?

“Seeing the kids come tearing down the hall at dismissal, eager and ready to exercise and run,” she said. “They can’t wait to get outside.”

In her six years volunteering with iRun4Life, White has helped thousands of kids improve health and discover running. In addition to her involvement directing iRun4Life at Buckingham Elementary School, White serves on the iRun4Life Board of Directors, helping to expand the organization and set it up for future successes.

We had a chance to sit down with Yvette to ask her about her experience with running, kids and the impact iRun4Life has on youth.

Read the whole story [HERE](#).

Titus Elementary and the Special Olympics Unified Sports Program

By Beth Bell, iRun4Life Director, Titus Elementary

During our 2018 iRun4Life season we featured and ran with some Special Olympic athletes. I'm mentioning this because it sparked an interest in one of our participants, Nick Schrier, to get involved in the Special Olympics Unified Sports Program. Nick trained with his running partner, Sean DiBiaso, every Tuesday this summer. They finished their season this weekend winning 2 gold medals in the 1500m and 3000m runs. If this is something you think your runners might be interested in getting involved in, please click on the following link <http://www.specialolympicspa.org/special-programs/initiatives/unified-sports!>

Titus Elementary had also been featured in **The Bucks County Herald** on May 24, 2018. Click [HERE](#) to see the story!

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 [HERE](#) link to read the article, "Judy Wexler Is Fighting Childhood Obesity By Making Running Fun".

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

Fall Spiced Apple Cran-Raisin Oatmeal

By: [Cooking Classy.com](http://CookingClassy.com)

Need a new pick-me-up for the morning routine? You can't go wrong for breakfast (or snack, or lunch!) with this amazing oatmeal recipe ... it's easy, nutritious, filling, and delicious!!

Find the recipe at CookingClassy.com -- search "fall spiced apple cran-raisin oatmeal". Enjoy!

Pumpkin Mac and Cheese with Roasted Veggies

By: [Skinny Taste](http://SkinnyTaste.com)

This is a must-try recipe for the fall - Pumpkin Mac and Cheese with Roasted Veggies! Great for a meatless meal, or as a hearty side dish. The recipe provides details on making your own pumpkin puree or using canned pumpkin, the latter is the quicker option.

Find the recipe at SkinnyTaste.com -- search "pumpkin mac and cheese". Enjoy!

New Fundraising Tool: Giving Assistant

You care about our cause; and we care about YOU! That's why iRun4Life has teamed up with Giving Assistant to make it easier to donate. Simply sign up, select our cause, and shop at over 3,000+ online stores. You'll save money and earn cash back on your everyday purchases, all while making a difference. Click the Giving Assistant banner to start shopping!

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!

[Shop Amazon Smile Now](#)

"Celebrating Youth Fitness Through Running"
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