

In 2007 the Road Runners Club of America established the Kids Run the Nation® Fund. The purpose of the Fund is to provide needed resources to youth running programs around the country as an opportunity to address the growing obesity epidemic with today's youth.

The Kids Run the Nation Grant Selection Committee consisting of David & Sharlee Cotter (co-chairs) Don Kardong, Bee McLeod, Dan Kesterson, Brent Ayer, and Beth Onines are pleased to announce the 2007 Kids Run the Nation Grant recipients. Over forty-six applications were received for the Kids Run the Nation Grants. The applicants' programs serve over 41,000 youth around the country. The RRCA is please to award a total of \$5000 worth of Kids Run the Nation Grants to the following youth running programs:

**SALISBURY ROWAN RUNNERS KIDS RUN THE NATION AFTERSCHOOL PROGRAM  
CHINA GROVE, NC**

The Salisbury Rowan Runners started their program in 2005 after attending the RRCA Convention in New Orleans and learning about youth running programs. The club partnered with their local YMCA which provides afterschool care at 17 different sites around Rowan County. In the 2006-2007 school year approximately 500 children participated in the afterschool running program. Club volunteers go to each afterschool site to lead discussions on nutrition, healthy living and running as exercise. The kids run and play running games as part of the program. One objective of the program is to build endurance so every child will be able to run in the one mile fun run held in conjunction with the Healthy Kids Day.

**WEDDINGTON WINDRUNNERS CLUB  
GREENVILLE, MS**

The Weddington Windrunners Club was started in August 2007 at the Weddington Math, Science & Technology Academy, a Kindergarten through 6<sup>th</sup> grade elementary school within the Greenville, Mississippi Public School District. In its first year, the Windrunners accomplished their short-term goal of increasing student physical activity by introducing running to the entire student body, 525 children. 95% of the student population at the school is eligible for free or reduced price meals, which translates into an extremely high concentration of children living in poverty. The Weddington Windrunners Club program consists of two 10-week sessions, one in the fall and one in the spring, during which time students will walk or run a cumulative 25.2 miles. The last mile is run at the Windrunner Marathon during the school's annual Field Day festivities at the end of each school year.

**FREEDOM 7 ELEMENTARY SCHOOL MILEAGE CLUB  
COCOA BEACH, FL**

The Freedom 7 Mileage Club was started in August 2006. The program is approved by the elementary school but is an all volunteer run program. The program serves children in grades K through 6<sup>th</sup>. Students meet twice per week before school for a 45 minute walk or run on a defined course. For each five miles run, students receive a mileage token to proudly display on a backpack chain. The program also promotes good nutritional habits and healthy lifestyle choices.

**MAGNESS CREEK SCHOOL RUNNING CLUB  
CABOT, AR**

The Magness Creek School Running Club was started in September 2007 as a pilot running program for the local school district. The school added 10 additional minutes to the student's daily recess, and the students spend the first 10 minutes of each recess walking or running around the school track. The students have a goal of logging enough miles to reaching Beijing, China by the Chinese New Year and will celebrate their accomplishment Olympic style. 513 students are participating in the school program. The school also has a free afterschool running club that meets every Tuesday. The goal of the afterschool program is focus on fun while logging 25.2 miles leading up to the Little Rock Marathon. The final mile is run on the day of the marathon. 51 students are enrolled in the afterschool program. Both programs incorporate a message of healthy nutrition.

**CAMP GLENWOOD BOYS RANCH CROSS COUNTRY PROGRAM  
LA HONDA, CA**

Camp Glenwood is a residential program available to the Juvenile Court for high-risk delinquent males. While the program has been in place for several years, in 2007 the components of a running program, based on the RRCA youth

running materials, along with competition in mainstream races were implemented. Camp Glenwood uses running to develop important skills such as patience, goal-setting, and perseverance. Many of the program participants have mental health issues and learning disabilities. Their lives have been marked by failure which makes them susceptible to negative influences. For the boys in the program, the completion of a 5K run marked a milestone in which they set a goal, worked hard, and achieved something. Running is also used as a positive alternative to activities such as substance abuse, thievery, and gang involvement. A program participant found that running also helped serve as an outlet to release anger.

#### **THE TEEN INSTITUTE COACHING PROGRAM DUBLIN, OH**

The Teen Institute Coaching Program was started in 2006. The goal of the program is to train drug-free high school role models as “coaches” to teach, support and prepare 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade students interested in competing in the Here’s Looking at You Kid 5K Run/Walk. The high school students have the potential to positively impact the health and well being of the elementary students while simultaneously enhancing their own lives. The “coaches” meet with the elementary students after school for 7 training sessions. The sessions consist of a discussion on topics related to proper training, hydration, what to wear, and healthy eating. 110 elementary students participated in the program along with 25 high school coaches in 2006.