



Dear Principal, P.E. instructor, or coach,

Much of the news we read these days about youth fitness is discouraging. Recent studies have reported:

- The percentage of overweight young people has more than tripled since 1980
- Approximately 60% of obese children, ages 5 to 10, have at least one cardiovascular risk factor for cardiac attack or disease
- Children who are overweight by the age of 8 are 80% more likely to be overweight as adults

To help counter these trends and improve the health and fitness of American children, the American Heart Association and other organizations have made the recommendation that “school age youth should participate in 60 minutes or more of moderate to vigorous physical activity.” That activity will not only improve the student’s physical health, but mounting research suggests that physical activity and fitness improves academic performance as well. Sixty minutes a day is a challenging goal. In order to achieve this goal, we are encouraging your school to join the “Fit for Sound to Narrows Program”.

The “Fit for Sound to Narrows Program” is brought to you by the Tacoma City Running Club (TCRC). TCRC will provide training materials to your school that will include an eight-week program to get your students ready to compete in one of the three South to Narrows races: K-3rd grade – the 2k shuffle (1.1 mile), 4th- 5th grade – the 5k (3.1 mile) race, or the 12k (7.46 mile) race.

Materials provided will include **training guides, school posters**, and an official Sound to Narrows medal for students who complete the run. Tacoma City Running Club, upon request, will provide instruction and inspiration from Tacoma’s top runners and coaches.

Dates to remember

- Week of March 18 – Information sent out to local schools and organizations
- April 8 – Have information sheet returned to Fit for Sound to Narrows
- **April 15– Eight-week training program begins**
- June 8 – South to Narrows Race Day

Happy Training!

Tacoma City Running Club (TCRC)

Fit for Sound to Narrows

2019 SCHOOL REGISTRATION FORM

This form must be returned no later than Monday, April 8th

Please fill out this form and scan/e-mail or fax to:

<p>Fit for Sound to Narrows Peggy Norman Email: pdnorman@multicare.org Fax: 253.403.4700 Phone: 253.403.1256</p>
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Yes, our school wants to be a 2019 "Fit for Sound to Narrows Training School". We will carry out a safe and organized program for our students.

(PLEASE PRINT)

SCHOOL NAME: _____
ADDRESS: _____ Street City State Zip
COACH/CONTACT Name(s): _____
PHONE: _____ E-MAIL: _____
PRINCIPAL: _____
COACH BIRTH DATE (Mo/Day/Year): _____
How many students will participate in your "Fit for Sound to Narrows" program this year (estimate)? _____

*Students who complete the Fit for Sound to Narrows program and register to participate in the Sound to Narrows on Saturday, June 8th will receive an official Sound to Narrows race medal and running bib prior to race day.

Dates to remember

- Week of March 18 – Information sent out to local schools and organizations
- April 15 – Have information sheet returned to Fit for Sound to Narrows
- **April 22 – Eight-week training program begins**
- June 8 – South to Narrows Race Day