

Dear Champions for Children's Fitness,

*Every child has an “athlete” inside. Training for **Fit for Sound to Narrows**—and then completing that event surrounded by the support of classmates, coaches, parents and hundreds of cheering fans—can be the launching point for a child to discover their inner athlete!*

*Athletes come in all shapes, sizes and abilities. Movement feels good and is good...for self-esteem, healthy growth and development, sleep, and the list goes on.*

The **Fit for Sound to Narrows** program provides training materials and support to get your school athletes ready to “compete.” This is a “no-cut” sport and will be many students’ first experience being part of a team and completing a training program. The **Fit for Sound to Narrows** program was developed by the Tacoma City Running Club and is provided in partnership with Multicare’s Center for Health Equity and Wellness.

**As a participating school you receive:**

- Eight-week training guide to get students ready to compete
- Tacoma City Running Club inspirational talk and coaching/training tips (on request)
- School poster at the event
- Entry into one of three events: 2K shuffle (1.1 mile) – FREE or 5K or 12K runs (3.1 miles, or 7.46 miles) -\$10 entry fee
- Official **Sound to Narrows** medals awarded at the finish line
- Support and encouragement behind the scenes and on the sidelines

**As a participating school you provide:**

- **Fit for Sound to Narrows** coach (administrator, teacher, counselor, support staff member) invested in leading a team of students through the 8-week training program
- Location and times to train
- A team of student athletes ready to complete

**Next steps:**

- April 9<sup>th</sup>- School registration sheet returned to Fit for Sound to Narrows (link?)
- April 15<sup>th</sup> – Eight-week training program begins
- June 8<sup>th</sup> – **SOUND TO NARROWS RACE DAY**

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Schools will have the opportunity to receive new running shoes for identified students. Thanks to a partnership between South Sound Running, Tacoma City Running Club, MultiCare, Fit for Sound to Narrows and the Puyallup Tribe. More information coming soon!

Happy Training!

Peggy Norman – “Coaches Coach “

“I am excited to join the S2N team. I will be drawing on my years of experience in child wellness programming for Mary Bridge, and as a Girls on the Run® coach to help you build and train your team for **Fit for Sound to Narrows**. Contact me @ 253-403-1256 or [pdnorman@multicare.org](mailto:pdnorman@multicare.org)

