

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!*

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 12yrs and younger 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
- 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 10- School registration sheet returned to Fit for Sound to Narrows (pdnorman@multicare.org)
- April 20 – Eight-week training program begins
- June 13 – **SOUND TO NARROWS RACE DAY**

Happy Training!

Peggy Norman – "Coaches Coach "

"I am excited to be a part of 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

