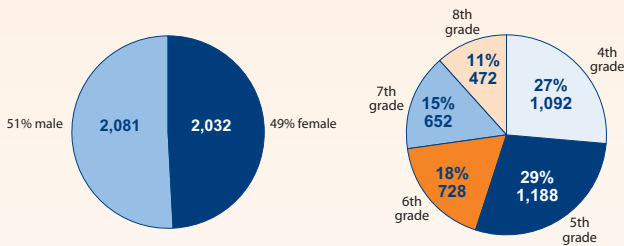


ING Run For Something Better® School Awards Program

Year Two
fact sheet | 2010

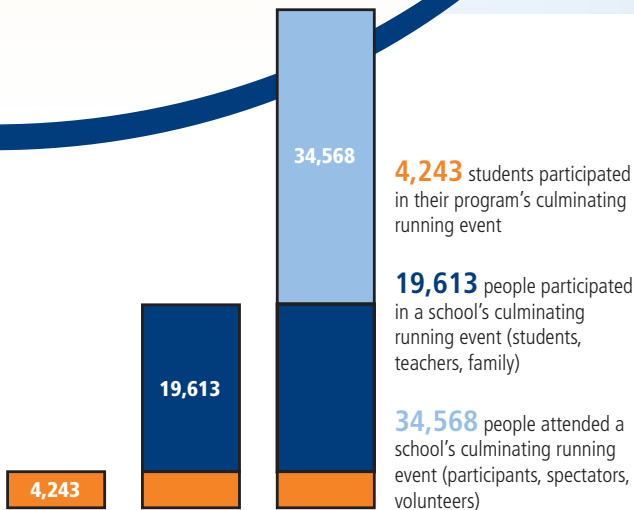
in Partnership with the National Association for Sport and Physical Education

2010 Participant Information



My Favorite Part: Watching the kids take off with running and the excitement and pride they felt and hearing from classroom teachers how positively it impacted kid's performance in the classroom.

Megaera Regan, Running Program Coach,
Manorhaven Elementary,
Port Washington, NY



4,243 students participated in their program's culminating running event

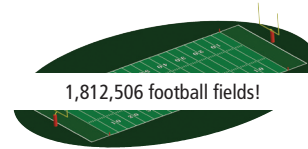
19,613 people participated in a school's culminating running event (students, teachers, family)

34,568 people attended a school's culminating running event (participants, spectators, volunteers)

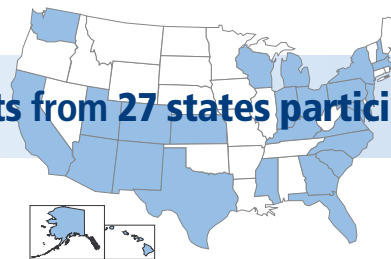
2010 Program Highlights

**Total miles covered by participants
September through December: 123,580**

Equal to:



4,117 students from 27 states participated in 2010



"Before I joined running my saying was 'Life doesn't last forever so make it the best ever' but after running club I figured out how much more I like running than what I thought, so I'm changing my saying to 'Life doesn't last forever, so Run For Something Better'."

Student, South Cache 8/9 Center, Hyrum, UT

Who attended?

- Parents • Teachers • Principals • School Staff • School Board Members
- Superintendents • High School and University Students • Community Members
- Local Businesses • Police Departments • Local TV Crews

Participant Improvement Average program length: 13 weeks

Aerobic cardiovascular endurance increased by 31.2%
(average of all student participants)

Aerobic Cardiovascular Endurance: The PACER (Progressive Aerobic Cardiovascular Endurance Run) was used to measure each participant for aerobic cardiovascular endurance at the start of the running program and after the culminating running event.

"The attitudes taught at running club were life-changing for my child and an experience that is sure to be remembered and learned from for years to come."

Parent, Westside Elementary,
Reedsburg, WI

