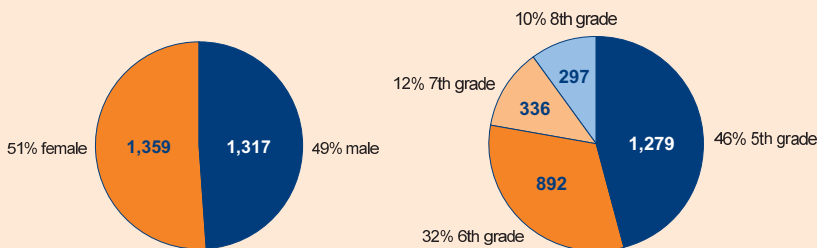


ING Run For Something Better® School Awards Program

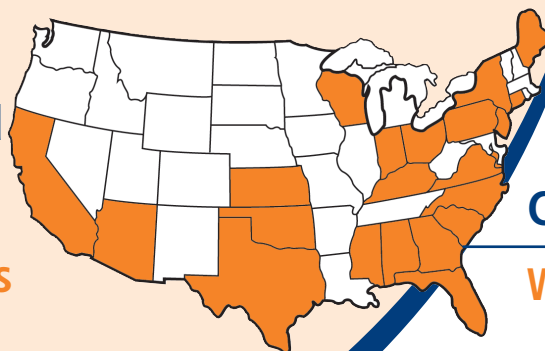
fact sheet | Year One
2009

in Partnership with the National Association for Sport and Physical Education

2009 Participant Information



Nationwide,
50 schools
were awarded
in 22 states
affecting
2,804 students



"It has helped so many students and it has given them such pride. This is a great opportunity!"

Marsha Mullen, Running Program Coach,
Forest Ridge Elementary, Citrus, FL

"I can't believe I really finished the 5K. That was INSANE."

Student, Gorham Middle School, Gorham, ME

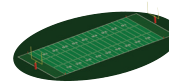
2009 Program Highlights

Total miles covered by participants September through December: 98,146

Equal to:



Almost four times around the world.



1,727,369 football fields.



Height of a stack of dollar bills worth \$1,435,915,238,400—over \$1 trillion dollars.

Culminating Running Events

Who attended?

- Students
- Teachers
- Family
- School Staff
- School Board Members
- Superintendents
- Community Members
- Local Businesses
- Police Departments
- Local TV Crews

All Participants/Spectators

9,430

All Participants

8,913

Student Participants

2,618

Participant Improvement Average program length: 11 weeks

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.

Aerobic cardiovascular endurance increased by 16.6%
(average of student participants)

"Sometimes the training was difficult, but it was worth it because I've noticed that I have a good pace finally and I have tons of endurance—I used to have no endurance."

Student, Gettys Middle School, Easley, SC



National Association for Sport and Physical Education
an association of the American Alliance for Health, Physical Education, Recreation and Dance

NASPE Sets the Standard

ING 