

Dear Interested School District Administrators and PE teachers,

The Kitsap County Medical Society Foundation is pleased to introduce you to our Kitsap Family Fun Run Marathon Fitness and Nutrition Program. We began the program in 2005 in partnership with Central Kitsap School district, and grew to include Bremerton District in 2006. This year we are excited to invite Bainbridge Island, North Kitsap and South Kitsap Districts and Kitsap County private schools to the 2007 event.

We developed this program working closely with Ted Vaughn, CKSD PE/Health Specialist. Our goal was to support what PE teachers are already doing, not to create something new for them (you) to do. We supply a log sheet on which students log their fitness mileage for a minimum of 6 weeks to a total of 26.2 (a marathon's worth!) of miles, the final 1.2 or 3.2 miles to be completed at the culminating Kitsap Family Fun Run. (We happily accept other log sheets already in use by teachers) We supply toe tokens to reward the students for every 5 miles of activity logged. This year we are including a nutrition component as well. The back of the log sheet will have a nutrition half-marathon. Students can log the days on which they eat a minimum of 5 fruits and vegetables. They will again receive a token reward for each 5 mile mark achieved and again for the final three mile mark.

The Kitsap Family Fun Run and Fitness Fair will be held on Saturday May 12, 2007 at the Kitsap Sun Pavilion at the Fairgrounds. Run/walk participants will receive a blue ribbon at the finish line. Besides the 1.2 and 3.2 mile runs (professionally timed by Race Directions), we have kids' dashes (dash participants win a toy "prize") and other fitness and health booths and interactive stations. Last year we had children's yoga and martial arts, a blood pressure station, a nutrition "Super-size Me" display, to name a few.

We supply the teachers with log sheets, parent letters and registration brochures for each student. We are currently building a website, KCMedical.org, which will contain all materials needed as well as links to other nutrition and fitness websites. PE Teachers are given Fun Run t-shirts to help promote the program and event. To further encourage participation, we offer the event FREE to pre-registered participants. There is a small cost to order t-shirts, and we include a family price to keep costs low for larger families (see registration brochure). We are able to offer this as a free event because of a large list of medical and community sponsors who are committed to help fight childhood obesity and promote a healthy Kitsap County. We are also offering incentives – \$100 to the two PE teachers (different schools) in each district whose schools have the most mileage accumulated and another \$100 to the (one) PE teacher in each district whose school has the most participants at the Fun Run on May 12, 2007.

Thank you for your commitment to healthy youth in Kitsap County. We look forward to working with you this 2006-2007 school year. Please contact Katie Perrone at the Kitsap County Medical Society Foundation at 360.692.4881 or KCMSF@telebyte.com for more information. In the near future information will be available at our new website KCMedical.org

Sincerely,

Katie Perrone, Project Coordinator
Kitsap County Medical Society Foundation