

# NEWS RELEASE



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Active4Youth Cross Country Program  
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## ***FOR IMMEDIATE RELEASE***

**ACTIVE4YOUTH REVIVES 6-WEEK ELEMENTARY SCHOOL CROSS COUNTRY PROGRAM -- 3,000 SPOKANE CHILDREN ARE EXPECTED TO PARTICIPATE!**

Spokane, WA – Every elementary school in Spokane Public Schools (District 81) will be able to offer this after school cross country program to their elementary school students for free.

**First Ever Bloomsday All-City Cross Country meet to be held Monday, October 12<sup>th</sup> at 4:30 pm at Comstock Park on Spokane’s South Hill – 700 students expected to participate.**

**Why the program is back:** With childhood obesity on the rise, in addition to an increase in juvenile delinquency, Active4Youth saw an opportunity to bring back this great afterschool program that offers students a safe place to play and be active. Running is a lifelong activity and one of the healthiest forms of exercise. Active4Youth wants to help kids to learn how to live healthy and active lives, and this is a great way to start.

**How long does the program run:** The cross country program, which began on September 9<sup>th</sup>, runs for six weeks, and consists of three practices each week. The students will also participate in two interscholastic cross country meets (September 30<sup>th</sup> and October 7<sup>th</sup>), and many students will end their season with the Bloomsday All-City meet on Monday, October 12<sup>th</sup>. “Bloomsday is really pleased to support this Program,” said Bloomsday Race Director Don Kardong. “This is a wonderful opportunity for kids in Spokane to get in shape and learn about distance running, and it’s also a nice complement to the *Fit For Bloomsday* Running and Walking Program Bloomsday offers each spring.”

**How many kids will participate:** It is expected that 3,000 elementary school students in the District will participate in this program; 700 of which are expected to participate in the All-City meet. Finch Elementary alone had over 150 students sign up for the cross country program. “It sure is a true testament to whether this program is need in Spokane,” said Fitness and Health teacher and coach, Dan Farley.

### **Media Inquiries Contact:**

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*Active4Youth is a local 501(C)(3) nonprofit that works to provide after-school sports programs for Spokane-area children to combat childhood obesity. For more information or to see how you can get involved or make a contribution, please visit Active4Youth’s website: [www.active4youth.org](http://www.active4youth.org).*

**Comstock Park is located on the West side of Spokane’s South Hill.**

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