

## NEWS RELEASE



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

Local group brings cross country back to elementary schoolers

Every Spokane Public Schools elementary school will be able to offer a cross country program to its students this year thanks to the support of a local organization.

Active4Youth (A4Y) is a local 501(C)(3) nonprofit that works to provide after-school sports programs for Spokane-area children to combat childhood obesity. Several years ago, Spokane Public Schools ran a cross country program for elementary schoolers, but was forced to end the program due to budget cuts. A4Y has raised the funds to revive the program, which will look very similar to the program run in the past.

“The cross country program affords every elementary student with the opportunity to run and be active after school, while giving coaches the chance to teach concepts of leading a healthy and active life,” said Mike Bresson, A4Y’s founder. “Running is a lifelong sport and we want to impress upon our youth that running is fun and one of the healthiest forms of exercise we have available to us as we get older – not to mention that running is an integral part of every mainstream sport.”

The program, which began Sept. 9, will run for six weeks, with three practices each week. Students will participate in two interscholastic cross country meets (Sept. 30 and Oct. 7) and will have the opportunity to qualify to compete in an All-City meet to be held Oct. 12 at Comstock Park on Spokane’s South Hill.

“We are so fortunate to have a community-minded organization willing to provide this great opportunity to all of our students,” said SPS Superintendent Nancy Stowell.

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