



# Lake County General Health District

**NEWS RELEASE**  
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**LAKE COUNTY GENERAL HEALTH DISTRICT**

## **JUST RUN® LAKE COUNTY RECRUITS SCHOOL STAFF, COACHES, AND PARENTS AS SITE COORDINATORS FOR A YOUTH RUNNING PROGRAM**

The Lake County General Health District will be hosting a train-the-trainer workshop on **Wednesday, February 4, 2015 at 4:00 p.m. at the Mentor Public Library** in the Garfield Room on the Lower Level in an effort to get additional schools to adopt the program and train new site coordinators. In 2014, JUST RUN enrolled 23 schools and over 1,000 students in the program. It is anticipated that this project will continue its success. Site coordinators can be Physical Education teachers, coaches, or parent volunteers who are interested in running and have an affiliation with the school. The Health District will help the schools attending the workshop with purchasing the materials to get the program started. Healthy habits begin very early in life and role models, such as site coordinators, are the key to JUST RUN's success.

The ultimate goal for students who participate in JUST RUN is to train to run a 5K race. This year's JUST RUN Lake County 5K is on Saturday, June 13, 2015 at Fairport Harbor Lakefront Park Beach. Site coordinators are responsible for: recruitment of student participants, identifying parent volunteers if necessary, scheduling practices, increasing running distances in a way that trains the students to run 3.1 miles, and minimal administrative work.

JUST RUN is a youth fitness program developed by the Big Sur International Marathon (BSIM) based in California. In 2004, the BSIM created the JUST RUN program to combat the alarming rise in childhood obesity and to promote fitness and healthy lifestyle choices in children. JUST RUN helps schools and youth organizations by offering a no-cost solution to obesity: an ongoing, vital youth fitness program to create healthy lifestyle changes.

JUST RUN is a program that teaches children lifelong physical activity in a fun manner and opens the doors for youth to challenge themselves and to become healthier simultaneously.

The program has received several prestigious awards. JUST RUN was recognized as the best youth fitness program in California as the winner of the California Governor's Council on Physical Fitness and Sports Awards in 2006. The program developer, Michael Dove, and program administrator, Susan Love, were recognized in 2007 as National Youth Contributors of the Year by the Running USA organization.

JUST RUN is more than a fitness program. It is educational and also promotes healthy eating, positive lifestyles, family participation, goal setting, and pride in accomplishment. Individually, the children experience the benefits of physical activity and stretching; progress at their own speed in a safe, non-competitive environment; experience pride in personal accomplishment; and learn goal setting. Most importantly, they learn life-long positive habits while having fun! The goal is to positively impact children in Lake County's school districts.

For more information on the train-the-trainer workshop, to register or for more information on JUST RUN, email Katelyn at [kcoan@lcghd.org](mailto:kcoan@lcghd.org) or call (440) 350-2451.

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