



MEDIA ALERT

Photos and interviews available

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Nordic Ski Lessons Held This Week at Low Income Schools Made Possible by Ski 4 Kids Event

WHAT: This winter, more than 500 Anchorage elementary students from Title 1 and low-income schools will don cross-country skis for the first time, thanks to the Municipality of Anchorage Outreach Ski Program.

Since its inception in 1995, the Outreach Program has funded Nordic ski equipment and lessons for more than 2,000 children from 13 Title 1 and low-income schools. The equipment is purchased by Ski 4 Kids Group, which collects donations in lieu of an entry fee during the annual Ski 4 Kids winter festival slated for 10:30 a.m., Saturday, March 10, 2007, at Kincaid Park.

WHY: Anchorage Parks and Recreation works collaboratively with Anchorage Schools District's 21st Century Alaska Community Learning Centers to provide safe and nurturing recreation opportunities for previously underserved youth. This cooperation keeps youth engaged in healthy activities, builds self-esteem and leadership opportunities and provides community service in neighborhoods that are most in need.

**WHEN/
WHERE:** **Current Outreach ski lessons are being held:**

Chinook Elementary, 742-6700, 3101 W. 88th Ave, 99502
3:45 - 4:45 p.m., Monday and Wednesdays (*check in with school office*)
Coach: John Hemmeter Principal: Jon Forbes

Muldoon Elementary, 742-1460, 535 Cherry Street, 99504
3:45 - 4:45 p.m., Tuesdays and Thursdays
Coach: John Hemmeter Principal: Ruth Dene
Site Coordinator: Lisa Orr-Hickey

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- HOW:** **Register for Ski 4 Kids** in advance at REI (1200 W. Northern Lights Blvd.)
- 11:30 a.m. – 3:30 p.m., Wednesday, March 7, 2007
 - 4 – 7:30 p.m., Thursday, March 8, 2007
 - 9 – 10 a.m. day of (may not be timed in the 3k ski race)

WHO: Ski 4 Kids is a Healthy Futures event – a statewide initiative of **community partners collaborating to inspire and empower Alaska youth to lead more physically active lifestyles.**

As added incentive, youth who participate in at least three Healthy Futures events, complete three Healthy Futures Activity Logs or a combination of both by May 31, 2007, become eligible for one of two grand prize sporting equipment packages. Visit www.healthyfuturesak.org. Healthy Futures is presented by the Alaska Association of Health, Physical Education, Recreation and Dance (AKAHPERD), and made possible by ConocoPhillips Alaska Inc.

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