

Aktive



Alaska Sports Hall of Fame /Healthy Futures Newsletter

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WELCOME TO OUR FIRST NEWSLETTER!

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Our story goes back more than a decade.

In 2004, the founders of the Alaska Sports Hall of Fame (Brad Precosky, Chris Myers and myself) wanted to do more than put plaques on a wall. We intended for Teach, Honor, Inspire to be a mission statement that promoted Alaska sports in a meaningful way.

Around the same time, Bonny Sosa and Sam Young were concerned about the growing obesity epidemic in Alaska and decided to develop a program that empowered Alaska's youth to build the habit of daily physical activity.

In 2006, ASHOF teamed with Healthy Futures on the [Healthy Heroes](#) project, which provided Alaska's youth with access to positive athletic role models. Years of collaborations followed. The organizations merged in 2011 when Healthy Futures became the signature program of the ASHOF.

Despite some tough times, we've managed to stay the course. Bonny was a beloved figure and respected leader; her death in 2009 was a crushing loss, but others- foremost Cindy Norquest - stepped in to fill the void. And while some funding sources dried up, others joined the cause.

As I write this, the Alaska Sports Hall of Fame is [preparing to induct](#) its tenth class of people, moments and events at a celebration next summer attended by all ten years of inductees. The [Alaska Sports Blog](#) has cranked out more than 2,500 stories on Alaskan athletes. The enshrinement

[gallery](#) at the Anchorage airport is full, and we are discussing expansion.

Nearly 20,000 children from more than 200 schools now participate in the [Healthy Futures Challenge](#) every fall and spring. By comparison, only 1,342 youth and 36 schools completed the Spring 2011 Challenge!

Healthy Futures now supports more than 100 [events](#) that promote a healthy youth population. We are expanding programming to include middle schoolers and are studying the effectiveness of wearable device technology (the Sqord) on children's exercise habits.

Volunteers working in coffee shops and using storage lockers once managed our organization. Now we have a talented and dedicated staff, an office, a warehouse and an army of volunteers and advocates across Alaska.

It's been a great journey. The relationships built with so many amazing people and organizations fill the heart with gratitude. The days when someone tells us that we made a difference are rewarding.

We'll dedicate these pages not only to updates from our desk, but to shining a light on the many who are providing vital help along the way. Thanks for reading!

Harlow Robinson, Executive Director

HEALTHY FUTURES: WHERE ARE WE?

Healthy Futures has grown tremendously in the last few years: from 6,973 students participating in the 2012 [Elementary Healthy Futures Challenge](#), to 15,265 students in Fall 2014! See the map below for the general locations of more than 200 schools! To see the detailed map online, [visit our website](#).



THIS IS THE 1ST EDITION OF AKTIVE: ACTIVE is a project of the Alaska Sports Hall of Fame and Healthy Futures staff, featuring Alaskan athletes, local role models and activities that pertain to our youth.

About Us

Alaska Sports Hall of Fame

www.alaskasportshall.org

Healthy Futures

www.healthyfuturesak.org

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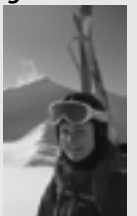


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Healthy Futures Challenge

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Alyse Lorán



Healthy Futures Event Coordinator:
Matias Saari



Healthy Futures Administrative

Assistant:
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HEALTHY FUTURES: EVENT SUPPORT ROUND-UP

By Matias Saari

Healthy Futures has expanded its presence in the Interior and is helping lead new events off Alaska's road system.

In September, our ambassador Aelin Allegood — along with a large and energetic crew of Healthy Heroes— attended all four Fairbanks-area elementary school jamborees. Nearly 3,000 kids brought home medals, memories and, in the case of the Salcha event, autographed postcards from reigning Yukon Quest champion Brent Sass.



Fairbanks runners taking off at their first Jamboree.



Healthy Futures employee and champion mountain runner Matias Saari, elite skier and Healthy Hero Tyler Kornfield, and students from Unalakleet in a running clinic.

In August, Healthy Futures staff visited Unalakleet and Kotzebue as part of a grant from the Alaska Native Tribal Health Consortium to increase participation in the Elementary School Challenge among Alaska Native youth around the state.

As part of this effort, staff members Alyse Lorán and Matias Saari traveled to Kotzebue in late August to spend a day with students at June Nelson Elementary. There they helped coordinate a fun run and set up an obstacle course (with NANA Nordic) for elementary school kids.

Those are just a few of more than 100 events that Healthy Futures is supporting across the state in 2015. Our support includes providing medals and bibs, donating prizes, loaning out race equipment, promoting events and enabling kids to sometimes participate for free.

Healthy Futures is eager to keep expanding its reach. If you know of an event that warrants consideration, please fill out the following form:

<http://healthyfuturesak.org/community-support/event-registration-form/>

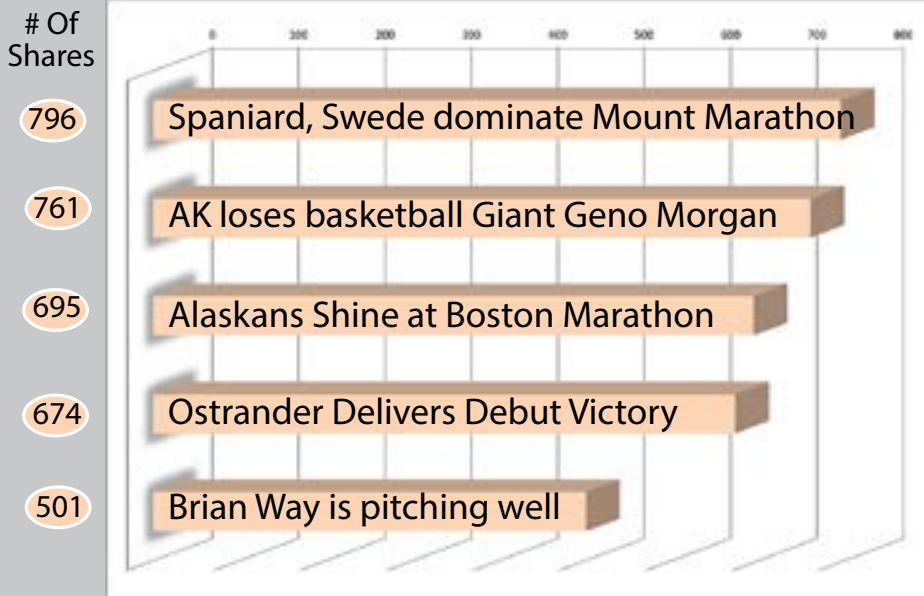
Events must be open to the community at large, not be gender specific and have a non-competitive youth element for elementary school age children.



Kotzebue runners show off their Healthy Futures medals after the Blueberry Jam.

Trending On the Blog

Alaska Sports Hall of Fame blogger Van Williams is a former Anchorage Daily News Sports Editor and Alaska Press Club award winner. Van Williams has been with the blog since the beginning and has written more than 2,500 stories on over 300 Alaska athletes.



Stories in the Past 6 months with the Most Social Media Shares

Check the full articles out at: <http://alaskasportsall.org/alaska-sports-blog/>

Alaska Sports Blog Feature: Wilcox Breaking Records

By Van Williams

Lael Wilcox of Anchorage didn't set out to break records on her mountain bike. It just worked out that way.

Wilcox rides everywhere — to work, on errands, for fun. Unlike most commuters, though, she racks up miles like frequent fliers — 100,000 in the last seven years. She has pedaled from Anchorage to Alberta, Maine to Florida and Canada to Mexico. The 29-year-old college graduate owns a driver's license but never gets behind the wheel.

"I don't know how to drive," she told me.

She's driving her sport instead.

Wilcox, of East High fame, has become an instant celebrity in the world of endurance bike racing after breaking records in one of the longest, most grueling events on two wheels, the 2,745-mile Tour Divide. In her first attempt in June, she finished in 17 days, 1 hour and 51 minutes and broke the women's race record by two days. In bikepacking events, riders travel light and are totally self-sufficient. It's just them and their bikes.

"It's refreshing," she said. "There's no responsibility toward anything else. I just ride."

Wilcox went back to the Tour Divide two months later for an individual time trial; riders can clock official GPS-tracked times whenever they choose. This time she broke her own record by 39 hours.

"I started racing this spring to kind of try it out. It's a growing event and I thought it could be fun and it's something I do anyway," Wilcox said.

Wilcox and longtime boyfriend Nicholas Carman have spent the last decade exploring the world on their bikes. They've toured North America and traveled to Europe, South Africa and the Middle East.

"We carry everything we own on our bikes and live like this," she said.

The racing element has brought a different aspect to her way of life, but only because people are starting to take notice.

"I sleep outside almost every night anyway, and I'm comfortable doing that," Wilcox said. "I don't stress out about the elements, because I'm used to them. I kind of have that rhythm. As far as the success, I had no idea what I could do until I tried."

Races like the Tour Divide and Holyland Challenge in Israel challenge a rider's strength, stamina and spirit. There are no shortcuts, which is how she wants it.



INDUCTEE UPDATE: CATCHING UP WITH TRAJAN LANGDON

By Van Williams



Trajan Langdon of Anchorage has worked in the front office for the San Antonio Spurs since 2012. He even got a ring when they won the 2014 championship.

The Spurs are one of the most successful and respected teams in the National Basketball Association.

And he's leaving it all behind.

Langdon has accepted a job in the front office of the Cleveland Cavaliers in a move that will bring him closer to his goal of becoming a general manager one day. The 39-year-old is now the team's Director of Player Administration.

Langdon, of East High fame, had worked as the Eastern Regional Pro Personnel Scout for San Antonio.

He retired as a player in 2011 after three years in the NBA and nine years in the Euroleague, where he won eight league championships in Russia, Italy and Turkey.

The 6-foot-3 guard was the first Alaskan to play in the NBA after an All-American career at Duke University.

Question: What are your thoughts about going back to Cleveland?

Answer: I always thought that even though I enjoyed my three years in Cleveland, that it wouldn't be a place that I would ever return to. Then this opportunity came up and after visiting and understanding what the position entailed, I became pretty excited about it.

Q: What will your responsibilities be with the Cavs?

A: My responsibilities initially are as a liaison between the team (players and coaches) and the front office. I will be with the team the majority of the time and will do some scouting on the side of some road trips.

Q: Does it help that you played there before working there in the front office?

A: It definitely will help a bit coming back to a place I previously played. There are still some of the same people within the organization that were here when I played. I always appreciated the way I was treated when I played for the Cavs and they have always been great whenever I have returned to scout in Cleveland.

Q: What did you learn working with the Spurs?

A: I learned a lot about process and how much goes into creating and maintaining a successful team and organization. Much attention to detail

and the fact that a lot more background work goes into the acquisition of certain players than the average fan might think.

Q: Where do you keep your NBA championship ring?

A: My championship ring is kept in a safe. I've never seen anything like what those guys did for that entire year, especially after losing the way they did in the Finals the year before. To be part of that and to be in San Antonio when we won Game 5 was unbelievable and something I will never forget.

Q: You have always been a winner; how are you always able to put yourself in those situations?

A: I was incredibly fortunate to have been a part of winning teams at a high school, college and professional level while I played. And to have been part of winning as part of a front office now has been another blessing. I try to work hard to do my best and treat people the right way. That was something that I was taught from my parents and I consider very important in life.

Q: What advice would you give young Alaska players looking to get better and advance as far as possible?

A: Find your passion, whatever that might be, and work hard at being the best that you yourself can be.

"It's not what happens to you, but how you react to it that matters." So said the Greek philosopher Epictetus 2,000 years ago.

We asked our Healthy Heroes, "What was your biggest disappointment in sports and how did you handle it?"

To read more about what all our Healthy Heroes say about adversity, exercise, sportsmanship, nutrition, values, role models, success and a "take home message," visit <http://alaskasportshall.org/inspire/healthy-heroes/>



Martin Buser — Iditarod Champion

In 2001, I had a horrible (Iditarod) race. But I took it as a motivator. I coined the phrase "worst to first" that year. That was my motto and then in 2002 I set a speed record.

Aliy Zirkle — Iditarod Frontrunner



I have many fans who want to see me win the Iditarod and when I look into their eyes, I sometimes see their disappointment. But, even if I am disappointed with the results of a competition, if I can look inside myself and know that I tried as incredibly hard as I could, then I can't really be too disappointed.



Trevor Dunbar — Professional runner

Not being able to compete my junior track season in NCAA due to injury (was tough). Instead of taking time off and resting for the next year. I worked hard to get in

shape once I was healthy. I focused on the goal of breaking the four-minute mile and (in 2013) was able to accomplish that!



Kristi Waythomas — Champion runner

One of my really good training buddies and I made a pact that if we had a bad race we would get all our frustrations out by 5 p.m. and then we had to let

it go —sometimes it took until midnight but we tried to hold true to our pact. Holding on to the

disappointment until the next race or practice did us no good.



Reese Hanneman — National champion Nordic skier

I would say that my biggest letdown happened (in 2014); I came very, very close

to making the US Olympic Team. ... Even though I was bummed, I went on to have a really awesome season. It has really helped me to realize that I should do things, either sports or academics or anything, not for one singular goal or achievement but because I enjoy the whole process.

Janice Tower — Cycling advocate



Having to quit downhill ski racing because of repeated knee injuries (is my biggest disappointment).

Ski racing was my single focus since I was 7 years old, so removing it from my life was a difficult process. At the time I was a freshman in college. ... So I switched my attention from skiing to learning new sports such as whitewater kayaking, windsurfing and cycling. I discovered a whole new world of participating in sports for FUN and I never looked back!



Ma'o Tosi — former professional football player, Community Leader

I was cut by the Arizona Cardinals in 2003. I was very depressed and

thought that my life was over. I ended up moving back to Anchorage, getting married and starting a family. I started a program called the Ma'o Tosi's PRIDE PROGRAM with Communities In Schools. I had to pick myself up and get moving with my life.



Rosey Fletcher — Olympic snowboarder

In 2002 at the Olympics in Park City, I crashed

in my race. It was the most devastating moment in my life. I was so sure that I was going to win a medal. ... I learned that you cannot define yourself through results ... fame is fleeting!

HEALTHY FUTURES FEATURED TEACHER: MARI HØE-RAITTO

By Alyse Loran

We couldn't do what we do for Alaska's kids without the teachers who coordinate our program. To show our gratitude, we'll feature a different exceptional teacher in every issue of Aktive.

Mari Høe-Raitto is our featured teacher for fall 2015. Mari coordinates the Healthy Futures Challenge at both Anderson and Crawford Elementary Schools on Eielson Air Force Base near Fairbanks. Mari has done an excellent job with the challenge since 2012. Anderson consistently has over 70 percent participation, and Crawford almost always hits more than 50 percent. In addition, Mari leads a healthy, active lifestyle, setting an excellent example for her students. Thank you to Mari for all you do for the students at Eielson!

School: Anderson Elementary School and Crawford Elementary school

Position: P.E. teacher at both schools

Years as a Teacher: I graduated from University of Alaska Fairbanks in 1986, and I have worked for Fairbanks North Star Borough School District off and on since then. I have worked in Outdoor Services on Eielson Air Force Base teaching outdoor winter sports since 1995, and I've been a full time P.E. teacher at Anderson Elementary since 2009. Since 2012, I've worked at both elementary schools (Crawford and Anderson) on Eielson Air Force base as their P.E. teacher.

Years participating in the Healthy Futures Challenge: 6 years

My hero is . . . Grete Waitz. She was a Norwegian long distance and



marathon runner that was the first woman to run a marathon in under 2.5 hours. She won more marathons than any other woman (9 New York Marathons). Grete was an elementary school teacher in Oslo, Norway and she advocated and taught active, healthy lifestyles and good nutrition for young people. Grete died of cancer in 2011 at age 57. She was a great role model for athletes around the world, and a statue of her can be seen in the EPCOT center at Disney World. She told everyone she met to always believe in yourself and pursue your dreams.

The craziest place I have ever been is . . . inside a glacier in Jotunheimen, Norway and on Denali, AK.

My favorite recreation/fitness activity is . . . hiking, hunting with bird dogs, yoga, swimming and skiing, racing my sled dogs and skijoring.

The most inspirational thing a student has ever said to me is . . . "I just love the way I feel happy after being outside in P.E."

My favorite strategy for motivating kids to live a healthy lifestyle is . . . Practice What I Teach—being active, living a healthy lifestyle and not being afraid of pursuing your dreams.

Other thoughts: When I'm not in the classroom you will find me spending time with my children and grandchild, gardening and working around the homestead or at my fishcamp on the Yukon, running my sled dogs, teaching skiing, dog mushing and skijoring, or working my sheep dogs.

Upcoming Events

Healthy Futures supports over 100 events across the state. Visit Healthy Futures' online calendar to see all upcoming events or find out how Healthy Futures can support your event:

Upcoming events:

November 2nd — Public voting for the Class of 2016 will begin at the ASHOF website (www.alaskasportshall.org)

November 3rd, 6:30 p.m. — Tuesday Night Race Series awards celebration, Kincaid Park

December 12th, 11:15 a.m. — Jingle Bell Run/Walk for Arthritis, UAA Student Union

January 16th — Polar Bear 5K Fun Run, Alaska Zoo

February 27th, 9:30 a.m. — Frostbite Footrace, Anchorage, 5th Ave. and F St.



THE NEW AND IMPROVED HEALTHY FUTURES CHALLENGE

By Alyse Loran, Healthy Futures Coordinator

The fall Healthy Futures Challenge kicked off in 187 elementary schools across Alaska on September 1.

The new Challenge comes with three primary changes that we hope will improve accessibility, simplicity and effectiveness.

1. Activity logs now represent a month rather than a 4-week block. Students must complete at least 15 days of 60 minutes of physical activity per month for a successful Challenge.

Why the change: Tracking by the month should be simpler, and changing to 60 minutes of activity aligns better with the CDC and Play Every Day recommendations. We are eliminating the activity log goal of 30 minutes of physical activity outside of the school day and replacing that with 60 minutes of physical activity in total for the day. Students will remain fully responsible for completing their activity log — regardless of where the activity occurs.

2. The schools with the three highest

rates of participation in each population category will now receive a banner rather than a cash prize.

Why the change: Often the winning schools are from demographic areas that have highly engaged and supportive families and children that tend to be physically active. We still want to recognize the schools with the greatest student participation, but instead of a grant, they will receive a banner to hang.

3. We will continue to hold a drawing among all schools that achieve at least 20% participation in the Healthy Futures Challenge. However, we will now award a \$200 prize to 25 schools that meet this criteria. The money must be used to purchase educational materials or equipment

that supports student physical activity.

Why the change: With smaller increments, prize money can be distributed equitably and all schools that qualify will have an equal chance of winning the prize.



2015-2016 HEALTHY FUTURES CHALLENGE

OUR SUPPORTERS: THANK YOU!



Carrs Foundation

**Coffman Engineers • CRW Engineering Group
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Consultants • Chris & Amy Clifford**

We Couldn't Do It Without You!

As you can see, it's been an exciting year for the Alaska Sports Hall of Fame and Healthy Futures! We couldn't do any of the wonderful work we do without people like YOU!

Thanks to your energy, donations, and vested interest in the health and well-being of Alaska's youth and community, we are able to serve over 15,000 children through the Healthy Futures Challenge, over 15,000 through event support, and reward, celebrate, utilize and honor our local athletes to teach, honor and inspire.

Your assistance is vital to our success and we are grateful for your support!

Want to help? There are a number of ways you can support our

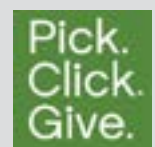
organization throughout the year:
- Choose Healthy Futures through **Pick. Click. Give.** & your PFD.

- Donate directly, online at <http://alaskasportshall.org/the-hall/support-us/>.

- Become a sponsor at <http://alaskasportshall.org/the-hall/sponsors/>

- Have your business participate in the 100 Miles in May program: http://healthyfuturesak.org/get_involved/100milesmay/

However you support us, we appreciate your interest and are forever grateful for partners like you! A gift from you is a gift to the community!



Alaska Sports Hall of Fame/Healthy Futures

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