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Alaska Sports Hall of Fame /Healthy Futures Newsletter

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MILESTONES & MOMENTUM

“Work hard, innovate, collaborate. And celebrate the good things along the way.” This is the modus operandi at the Alaska Sports Hall of Fame and Healthy Futures headquarters as the team gears up for a busy summer.

The Hall is inducting its 10th class this year and in commemoration we are inviting all inductees back for special celebrations on July 28-29. If you are a sports fan, or just an Alaskan proud of our heritage, we invite you to join us and Alaska’s biggest sports legends!

And following up on a successful inaugural PLAAY (Positive Leadership for Active Alaskan Youth) Summit this February, plans are already in the works to add a PLAAY Day in 2017 in which every child in Alaska participates together in a half hour of physical exercise!

Healthy Futures supports more youth events around the state than ever (see page 2). While maintaining our long-standing relationships with event organizers, we’ve also been busy fostering new ones, from Kotzebue to Kenai and beyond.

The Spring Healthy Futures Challenge wrapped up with nearly 15,000 children

and 175 elementary schools around the state participating.

Historically there has only been a Spring and Fall Challenge (three months each), but thanks to a partnership with Campfire Alaska and the After School Network, Healthy Futures will be rolling out a Summer Challenge pilot test this year in nine communities. We’re excited about this new partnership model and envision expanding it significantly in 2017.

Two distinctive evenings define our 10-year celebration: A community event showcasing all 10 years of inductees and an exclusive, formal banquet and ceremony (see below).

These events will be historic. There has never before been such a gathering of famous Alaskan athletes. As we approach the events, we’ll highlight the special guests scheduled to attend. For a teaser, read about Class of 2016 inductees Don Clary and Janay DeLoach on page three.

Have a great and AKtive summer!

Harlow Robinson, Executive Director

Alaska Sports Hall of Fame: 10 - Year Celebrations



The community is invited to a family-friendly and free gathering at Alaska Airlines Center on Thursday, July 28. Following a parade of athletes and presentation of commemorative awards, the public will be able to meet and visit with a long list of Alaska’s most impressive athletes.

An exclusive event will follow on Friday, July 29 at the Ted Stevens Anchorage International Airport. A fundraiser for our Healthy Futures program, the evening will include the induction of the Class of 2016, a keynote address by Super Bowl champion Mark Schlereth, an inductee memorabilia silent auction and fine food and spirits.



To learn more about both of these events, go to www.alaskasportshall.org/10-year-celebration-events/

About Us

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HEALTHY FUTURES: EVENT SUPPORT HIGHLIGHTS



Ski 4 Kids was a big success with many activities beyond skiing and hundreds of kids from all over town attending. Thanks to all the sponsors, volunteers, organizers, kids and parents who participated!



Healthy Futures was proud to support the MDA Ice Fishing Derby for a Cure in Wasilla. More than 300 people participated for a good cause — including 120 kids!



Healthy Futures was pleased to support the Bison Run Wild 5K at the Alaska Wildlife Conservation Center. Nearly 300 kids and adults participated!



Great race supporting the Fairbanks Symphony with 1050 registered to Beat Beethoven!



Despite some chilly and windy weather, the Winter Jamboree in Cuddy Park was a success and the organizers look forward to the event in 2017! Photo ADN.



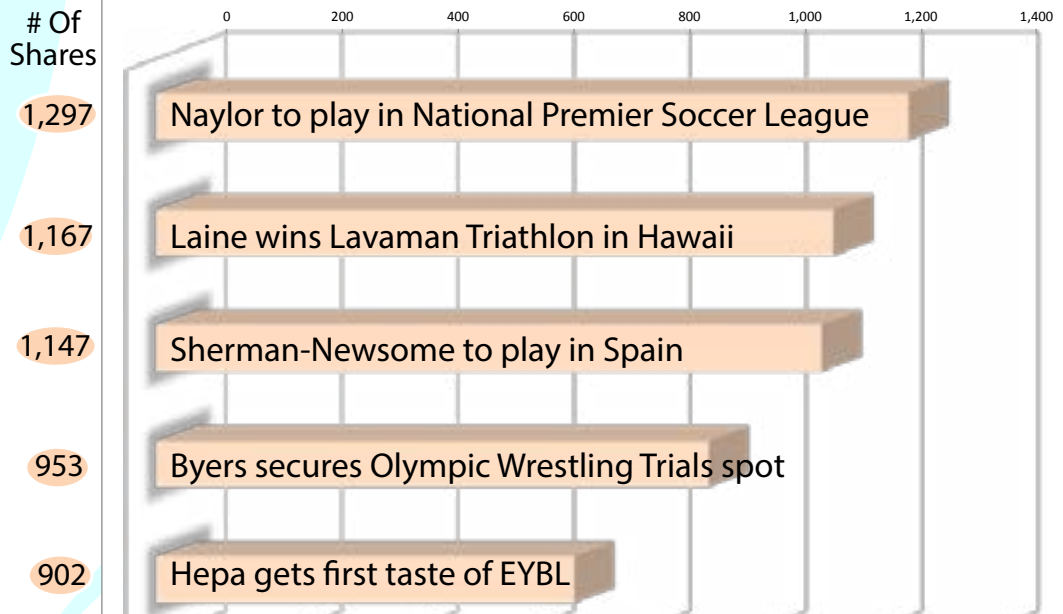
Healthy Futures had fun participating in th Superhero Showdown. Thanks to Skinny Raven Sports for including us and our Healthy Heroes for engaging with the kids!



Healthy Futures was proud to support the free Schools on Skis event at Birch Hill in Fairbanks. More than 200 kids participated in the ski tour, obstacle course, downhill slalom and bonfire with s'mores. Well done, organizers and kids!

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.



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

SPOTLIGHT 2016 INDUCTEES: DELOACH & CLARY

By Van Williams

JANAY DELOACH After winning the state long jump title all four years at Eielson High School and earning a college scholarship to Colorado State University, Janay DeLoach of Fairbanks was totally committed to track and field.

Yet she wasn't in love with the sport.

"Most of it was a means to an end," DeLoach said.

That changed in 2005 when a brush with greatness rubbed off on the rest of her life.

She was a college sophomore competing in Berkley, Calif., against a strong field that included past Olympian Grace Upshaw.

"It was the first time I jumped 21 feet," DeLoach said. "In that moment I realized, 'I'm beating an Olympian.' In that moment I kind of realized, 'There's potential. I have something that maybe some people don't have.' ... That was kind of my moment

when I truly did fall in love with the sport. From that day forward I put in so much more effort."

DeLoach has gone on to become the greatest track and field athlete in Alaska history and one of the most successful long jumpers on the planet with four U.S. championships, a World Championship silver medal and an Olympic bronze medal from 2012.

The 30-year-old remains a medal contender on the world's biggest stage and will compete at the Olympic Trials this summer in the long jump and hurdles.

She's also headed to the Alaska Sports Hall of Fame as a member of the Class of 2016.

"I'm absolutely honored and a little surprised. There are a lot of people that have come out of Alaska that deserve that spot," she said.

Growing up, DeLoach actually dreamed of being an Olympic gymnast.

"I wanted to be the next Dominique Dawes," she said. "It didn't even occur to me that track and field would be something that would eventually take me to the Olympics."

A broken left ankle in 2013 forced her to abandon her traditional takeoff and switch to using her right leg. She still qualified for the World Championships and became first woman to jump 6.95 meters off either leg.

In 2014, DeLoach qualified for Worlds in the 60-meter hurdles after a second-place finish at the US Championships.

In 2015, she won the long jump at the 57th annual Mt. SAC Relays and competed at the World Championships in China.

"Once I fell in love with track and field I wanted to get better and progress and that's where my Olympic aspirations were borne in the idea that, 'Hey, I might have what it takes to be good.'"

DeLoach still holds the Alaska high school state record of 19 feet, 5 inches, set in 2003.



DON CLARY of Anchorage hasn't been a competitive runner since the turn of the century, but people still recognize him.

Going to the Olympics can make you a celebrity.

Clary is arguably Alaska's greatest runner and was the first Alaska runner to qualify for the Olympics when he competed at the 1984 games in Los Angeles.

"In my career as a banker, people will see my name and ask, 'Are you the runner? Well, yeah. I was the runner,'" he said. "Those are folks that grew up here in the 60s, 70s, 80s. That's when my career was in its heyday. A lot of my records have been erased."

His legacy, however, will live forever.

The 58-year-old will be inducted into the Alaska Sports Hall of Fame with the Class of 2016.

"It's caused me to reflect back on a few things in my career I don't think about a whole lot. I don't run anymore

because I've had hip surgery," he said.

From East Anchorage High School to the University of Oregon to the Olympics and beyond, Clary was always ahead of the pack.



At the 1984 Olympics, he advanced to the semifinals in the 5,000 meters, a moment that is nominated for ASHOF consideration. He qualified by finishing third at the US Olympic Trials.

Clary also placed fifth in the 1983 Pan American Games 5K.

In 1986, Clary beat past Boston Marathon winner Alberto Salazar to win the Alaska 10K Classic. The next year he set the still-standing course record of 28 minutes, 35 seconds.

In college, Clary was a 3-time NCAA All-American for the Ducks and member of Oregon's 1977 national championship team.

At East, he won two state cross country titles and set an Alaska prep record in the two-mile run (9:04.04) that has stood for nearly 40 years.

As a senior at East, he placed fifth at the World Junior Cross Country Championships in Morocco.

That performance put him on the map.

"When you're from Alaska, especially back in the 70s, nobody is really sure that the times you are posting are really accurate," he said. "You're just so far removed from the rest of the country and it's not a sport that you would anticipate somebody from Alaska excelling in."

Superhero Showdown and Marathon March:

Healthy Futures partnered with Skinny Raven to offer two new events this spring. Students who logged 26 miles of running in March on their Healthy Futures log received a special bumper sticker. Skinny Raven also provided discounted Superhero Showdown registration fees to Healthy Futures participants and matched \$869 of donations for our fundraiser. Healthy Futures congratulates all 448 Marathon March runners and thanks Skinny Raven for their support. The Superhero Showdown was a great success with 350 kids and 950 total participants!

**New and excelling schools:**

Pacific Northern Academy and their PE teacher Molly Liston have almost tripled participation this year—way to go PNA! In addition, the following new schools have taken on the challenge enthusiastically, putting up impressive numbers: Pearl Creek Elementary and coordinator Scott Dunavin in Fairbanks; June Nelson Elementary and coordinators Jody Hatch and Jake Stoops in

Kotzebue; Auke Bay Elementary and coordinators Charity Platt and Kara Lockhart in Juneau; and Craig Elementary and coordinator Athaliah Kaikala-Gilbreath. Keep up the great work!

Healthy Futures Challenge poster contest:

For the first time, Healthy Futures is calling on students around the state to submit designs for next year's Healthy Futures Challenge poster. We are excited to announce the winner for the next Challenge!

Healthy Futures database redesign:

The Healthy Futures online database got a much-needed facelift in March. The database, used by coordinators to send student log information to Healthy Futures and as a repository of historical data, has a fresh look and runs at a faster speed. It also has new capabilities to help Healthy Futures' staff organize and distribute incentives to schools more efficiently.

Spring challenge by the numbers:

The spring Healthy Futures challenge runs February through April. As of the end of March, 199 schools had registered for the challenge, 173

schools had turned in activity logs, and 12,089 students had completed activity logs.

January log spotlight: Healthy Futures takes the months of December and January off from formally collecting activity logs from schools. However, this year, we heard from a number of coordinators that they went above and beyond to keep the momentum going in their schools. Seven schools reported having done a January log on their own, and we're sure there are more out there we don't know about. Thanks to all those teachers, administrators, and parents across the state who are going the extra mile to help kids build healthy habits! January challenge schools include: Houghtaling, Fawn Mountain, Metlakatla, Hollis, Campbell, Thorne Bay, and North Pole.

HOLLY ON THE ROAD: KOTZEBUE*By Holly Brooks*

At 4 a.m. my alarm went off. I rolled over in bed and then sprang up remembering that the alarm was set for a reason — to catch a plane to Kotzebue for the “day.”

Kotzebue, or “Kotz”, is the hub of the entire NANA region and June Nelson is the largest school in the Northwest Arctic Borough School District. The purpose of my trip was to get the students fired up for spring Healthy Futures Challenge. Upon arrival, I met one of the hearts and souls of June Nelson, PE teacher Jake Stoops. Personally, I think Jake is a saint because he holds open gym every morning before school and then proceeds to run twelve gym classes everyday. Can you imagine? The exchange for Jake's sanity and his voice is that every kid gets PE & recess every day! But this day, Jake got a break from normal activities and my voice was the one lost. I shared a little bit about my story with kindergarten through 6th graders and why I love to “play.” They passed around my skis in anticipation of spring-time NANA Nordic and watched Healthy Futures' video featuring kids and their sports all around the state. Each presentation also included the beginning of the spring Challenge log. I'm not going to

lie — it was a long and exhausting day. I returned home from my 16-hour day trip wondering what would come of the folders and logs for 12 classes of June Nelson students?

Shortly thereafter, two really cool things happened.



First, I got note that 300 elementary students in Kotzebue turned in logs for the first month of the challenge. BINGO! YES! 300 kids are learning to make healthy activities or “play” a daily habit. Second, two weeks later I was at the gate for a flight to Seattle and 4th grader Katelyn Piper recognized me. She looked at me and said, “Guess what? I've been playing with my friends every day and I fill out my log every day and I'm going to do all of the months to complete the whole challenge.”

No, this is not propaganda, she really said this and I have a selfie to prove it! Needless to say, my recent trip to Kotzebue on behalf of Healthy Futures was successful. It's fun to witness programs such as a Healthy Futures Challenge in action, working. Thanks to everyone who does their part to instill healthy habits in our kids!

Upcoming EVENTS:

Healthy Futures recently played an organizational role in two big events — the inaugural Winter Jamboree at Cuddy Park and the Ski 4 Kids at Kincaid Park. We also partnered with Skinny Raven's Superhero Showdown for our new fundraiser (replacing the Tough Slusher). Here are some events coming up this spring and summer:

May 7:



Salmon Run



Alaska Zoo Kids Fun Run;



Trailside Triathlon

May 14:



O'Malley Fun Run;
Bear Valley 5K

Eagle River Triathlon



June 16:



Mayor's
Marathon Kids Mile

June 5:

July 9:



Bear Paw 5K

July 23:

Inclusive Play Teddy Bear
Picnic

August 20:

Anchorage Runfest 2K



We are eager to support more events around the state. The primary criteria to be considered are: it must be an existing community event; open to the community at large; not be gender-specific; and have a non-competitive youth element open to elementary school children. To have your event considered, fill out an event form at <http://healthyfuturesak.org/community-support/event-registration-form/> or email matias@healthyfuturesak.org

MAKING OF THE VIDEO: ALL AROUND ALASKA

By *Alyse Loran, Healthy Futures Coordinator*
With support from the Alaska Native Tribal Health Consortium, Healthy Futures worked with buzzbizz studios



to produce a new video this winter. "All Around Alaska" was created to inspire youth state-wide to be physically active and take the Healthy Futures Challenge. We enlisted healthy Alaska Native role

models to tell us how they stay active in their communities and compiled their statements into a fun, inspiring video. Have you seen the video yet? You can view and share it on our new YouTube channel at: <https://youtube/jVAnhOWtt40>

Thank you to all the funders, partners, and role models who helped make the video!

Support from:

Alaska Native Tribal Health Consortium and Skiku

Narrators:

Matt Carle, Ahriana Kanayurak and Jaren Carle

Music:

Pamyua – "Bubble Gum"

Athletes:

Christian Leckband, Donna Bach, Ariel Tweto, John Baker, Elizabeth Rexford, Damen Bell-Holter, Kamaka Hepa, Phillip Blanchett, Nick Hansen, Callan Chythlook-Syfsosf and Sophie Swift

Also contributing:

Sam Hill, Travis Adams, Casey Demmert, Joni Spiess and Robert Earp

HEALTHY HEROES FEATURE: SPORTSMANSHIP

By *Matias Saari, Healthy Futures Coordinator*

We asked our Healthy Heroes, what does sportsmanship mean to you? Here are a few of their responses:

Aaliyah Lewis, Soccer Standout — Sportsmanship means respecting a player or a team that you may or may not care for. The respect for another player and especially their well-being is what sportsmanship means to me.

Phillip Blanchett, Native Games athlete — Sportsmanship means a responsibility to balance respect, honor and humility with achievement and reflect that relationship on others.

Hilary Lindh, World Champion Alpine Skier — Sportsmanship means manners, modesty, perspective

Mario Chalmers, Basketball Champion — Sportsmanship means respecting what each player brings to the game, while still playing hard and being competitive.

Christy Marvin, Running record-holder — Sportsmanship means winning and losing with grace. It is helping to bring out the best in every athlete, both in and out of races

Sean Rash, Professional bowler — Sportsmanship means being the best person possible on and off the playing field. Also, you do not have to win every time to be successful in your sport.

Lauren Murphy, MMA Champion — Sportsmanship means handling victory or defeat with dignity and grace. It means acting with kindness and humility, even when I don't feel like it.

Matt Carle, NHL Hockey Player — Sportsmanship is the essence of competition. There's nothing better than competing your heart out against an opponent and then looking them in the eye and shaking their hand afterwards knowing there is an unspoken level of respect because you know you played the game the right way.

OUR SUPPORTERS: THANK YOU!



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