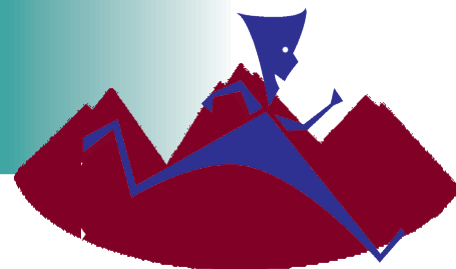


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Alaska Sports Hall of Fame /Healthy Futures Newsletter

VOL. 04 NO. 02
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Positive Leadership for Active Alaska Youth

TELLING OUR STORIES

When the Alaska Sports Hall of Fame founders were considering what was to be inducted and how to go about it, the notion of honoring “moments” was floated. So were a lot of other things, like whether or not we should have a category for dogs.

Now as we approach our 13th annual induction ceremony, neither Balto nor any other canine has been enshrined. But celebrating moments, an idea that started as an afterthought, has grown into a wonderful tradition.

Sport is woven through the fabric of our diverse history from the centuries-old Alaska Native Games, to polar and alpine exploration, to winter sports, to adventure sports, to mainstream sports. To induct a moment into the Alaska Sports Hall of Fame is to celebrate the very best stories from a land rich with dramatic backdrops, colorful characters and indomitable human spirit.

As a founder, seeing the tears, laughter and other emotions evoked from these celebrated moments is rewarding to witness.

When Dick Mackey and Rick Swenson were called to the stage for the unveiling of the “Iditarod Photo Finish in 1978” portrait they shook hands (pictured above). This was a big deal if you knew about the frosty relationship that lingered for decades between the two racing icons following that finish. And when they took the stage,

Swenson joked “you go first” and they laughed. They even shared a side-hug.

When “Elliot Sampson’s Upset Victory in 1981” was inducted for his improbable

high school cross country running championship, the Sampson family made the occasion a reunion (pictured left). Elliott’s life had spiraled until he unfortunately passed away. His family members talked about how they had forgotten

how brightly his star had shined and remembering brought tears of joy and pride.

The celebration is different each time. Each of them is special. This year we will unveil the “Kodiak Boys Basketball State Championship in 2001” portrait in honor of a basketball story chock full of plotlines and personalities Hollywood couldn’t even imagine.

The players and coaching staff are spread far and wide nowadays, but

they’ve decided – along with half of Kodiak it seems – to gather at the Anchorage Museum Thursday night for the occasion. There will no doubt be laughter and tears.

Congratulations to the Kodiak Boys Basketball Team; we hope more people will share your amazing story. And congratulations to all Class of 2019 honorees!

Harlow Robinson
Executive Director



CONGRATULATIONS CLASS OF 2019

Chad Bentz * Corey Cogdell

Alaska Run For Women * Kodiak Boys Basketball State Championship 2001

Caroline Kurgat * Keegan Messing * Kendall Kramer * Jersey Truesdell * Andy Beardsley & Larsen Klingel

South High Boys Basketball Team * Brush Christiansen

About Us

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 Healthy Futures
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HEALTHY FUTURES: EVENT ROUND-UP



In April, Healthy Futures partnered with Skiku to teach kids in the Arctic village of Anaktuvuk Pass to cross country ski (Photo by Matias Saari)



In February, Healthy Futures partnered with other organizations at Anchorage Midtown Park to provide students from Title 1 schools with an opportunity to experience new winter activities. (Photo by Harlow Robinson)



Kids, adults and Healthy Heroes dressed up for the Superhero Showdown in Anchorage (Photo by Matias Saari)

In March, Healthy Futures traveled to Nuiqsut to help put on the Spring for a Bright Future camp for K-12 students (Photo by Harlow Robinson)

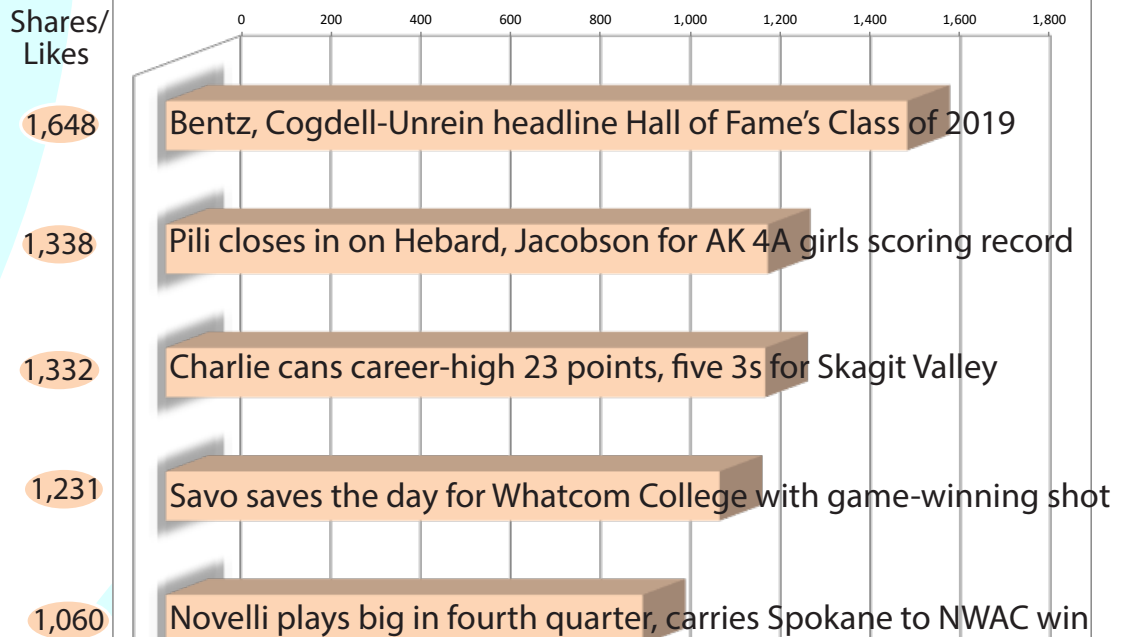


In March, Ski 4 Kids at Kincaid included activities such as skiing, biking, biathlon, ski skiing and an obstacle course. (Photos by Jen Aist)



Trending On the Blog: The Biggest Stories of the Past 6 Months

Alaska Sports Hall of Fame blogger Van Williams is a former Anchorage Daily News Sports Editor and Alaska Press Club award winner. Williams has been with the blog since the beginning and has written more than 4,000 stories on over 1,000 Alaska athletes.



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

HEALTHY HEROES SPEAK: SUCCESS

By MATIAS SAARI

David Registe, Long Jumper: Pan American Games 2011 was my greatest moment; I took second in the long jump and earned a silver medal for the Caribbean country Dominica. The feeling of holding up a flag, knowing that I won for a country, and not just myself, was truly unforgettable.

Aelin Allegood (Peterson), Nordic Skier: When I was ten years old (in Unalakleet), I decided that I wanted to go to the Olympics. Do you know that it took seventeen years to make that dream come true?

Liam Ortega, Speedskater: I started speed skating at 17, then four years later I made the US national team. That was awesome. Though it was in my comeback after a traumatic brain injury in '08 and winning the 2011 America's Cup Series that I appreciated the success

from the struggle I had to overcome.

Amber Stull, Triathlete: Winning my first Gold Nugget Triathlon was really amazing! I crashed on my time trial bike and among other injuries broke my arm. Five weeks later my doctor gave me the green light to race Gold Nugget with my cast on, so I was hoping for top 10. (Winning) took my breath away, stunned my husband and proved that no matter what the situation, one should always think positive!

David Norris, Nordic Skier: Winning the American Birkie because of the support my teammates gave me at the finish line. It was so humbling to see my exhausted teammates go crazy with excitement when they heard I won the race — even though many of them were disappointed with their own performances that day. I received some of the biggest hugs of my entire life from my APU teammates that day; it was

incredibly special to feel their support.

Aliy Zirkle, Musher: Being able to reach the Safety Checkpoint during the 2014 Iditarod. The whiteout blizzard conditions and gale-force winds should have made it physically impossible for me to continue, but my team and I never gave up. The strength that we came up with to endure and succeed was amazing.

Bobby Hill, Special Olympics Powerlifter: Winning two gold medals in the International Special Olympics 2003. I was representing the United States and Alaska.

Sean Rash, Professional Bowler: Winning with my family in the crowd. There's no better feeling than turning around and seeing them smile and celebrate with you on your triumph.

HEALTHY FUTURES ELEMENTARY CHALLENGE UPDATE

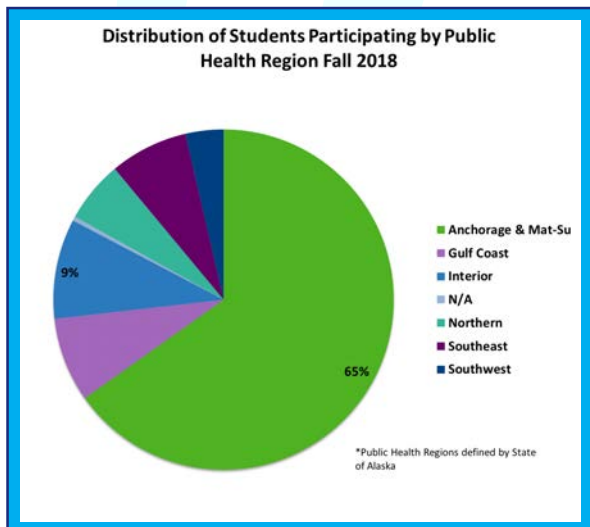
By ALYSE LORAN



Fort Yukon School third grader Shandace (pictured with Coordinator Linda Gies, right) and Juneau Raven Homeschool student Oliver (with Coordinator Holly Shier, left) were the lucky winners of the school grand prizes at their schools for the Fall Healthy Futures Challenge. One student who completed all three logs from each school received a sports bag. The new incentive system has proven popular, and students are motivated to stick with the Challenge through all three logs.



The Healthy Futures Challenge continues to expand its reach across the state. Communities in all Public Health Regions are represented, and we pursue targeted outreach to rural communities.



ALASKANS SHINE AT 123RD BOSTON MARATHON

BY MATIAS SAARI

Marko Cheseto outdid himself at the 123rd Boston Marathon on April 15 and was rewarded with a world record. Keri McEntee made a similar improvement but came away heartbroken.

Cheseto, previously a national champion runner at the University of Alaska Anchorage who now lives in Orlando, Fla., set a world record for double amputees in 2 hours, 42 minutes and 24 seconds. That eclipsed Richard Whitehead of Great Britain's run at the 2010 Chicago Marathon by 28 seconds.

Cheseto, a 35-year-old native of Kenya representing the United States for the first time as an American citizen, ran on specialized prosthetics (carbon fiber running blades). He placed 450th overall among more than 26,000 finishers with an average pace of 6 minutes, 12 seconds per mile and was the fastest of 49 mobility impaired entrants.

Starting in 2020, the Boston Marathon will include three para athlete divisions, including one for amputees. Those champions will



officially be recognized and prize money will be awarded. The race has featured a wheelchair division since 1975 but no divisions for other physical impairments.

Boston was just Cheseto's second marathon and a significant improvement from his 2:52 debut at the 2018 New York City Marathon. He lost both legs below the knee due to frostbite in 2011.

Meanwhile, McEntee placed among the top 50 women at Boston for the second straight year but called the race "bittersweet."

An occupational therapist who moved to Fairbanks from New York state several years ago, McEntee, 29, ran 2:45:28 in good conditions to place 50th woman. The performance was more than 10 minutes

faster than a year earlier at Boston, when McEntee placed 36th among women in nasty conditions that included rain, cold and a strong headwind.

However, McEntee just missed qualifying for the 2020 U.S. Women's Olympic Marathon Trials, which requires a time of 2:45:00 or faster.

"Proud to have a new PR, especially after an injury-filled winter, but also truly heartbroken to have missed the OTQ (Olympic Trials Qualifier) by just 28 seconds," McEntee wrote on Facebook.

McEntee has until the end of 2019 to accomplish this goal and plans to try again later this year.

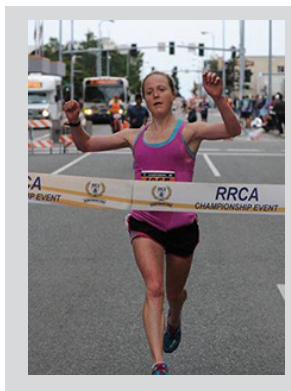
Alaskans Anna Dalton and Aaron Fletcher have already qualified for the 2020 Trials. Fletcher, an Anchorage native now living in Salt Lake City, Utah, had a taxing day on Monday, taking 400th place in 2:41:03. (He qualified for the men's Trials last November in 2:17).

That left the honor of fastest Alaskan

up for grabs, and Jerry Ross of Anchorage seized it with a near even-split performance of 2:35:19. The result was good for 197th male and 17th in the men's 40-44-year-old age group. Ross, a teacher in Anchorage, even recorded a Facebook Live video while running past Wellesley College near halfway and again at the finish line.

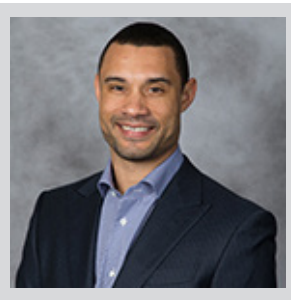
Laura Fox, one of the athletes Ross helps coach, achieved her goal of a sub-3-hour finish by placing 163rd woman in 2:59:29. (She was 94th in 3:01 a year earlier).

John Huffer of Fairbanks ran 2:59:54 to place 10th in the male 55-59 age group.



LANGDON NAMED G LEAGUE'S TOP EXEC; CANDIDATE FOR PELICANS GM

AN ALASKA SPORTS BLOG FEATURE BY VAN WILLIAMS



From the backcourt to the front office, Trajan Langdon of Anchorage continues to make all the right moves on the basketball court.

Except rather than pulling up for jumpers like he used to do, the former NBA player is pulling the strings of the NBA G League's Long Island Nets.

The 42-year-old general manager put together a squad that clinched the Atlantic Division and had the best record in the Eastern Conference at 34-16.

He was rewarded with the G League Executive of the Year award.

Langdon, of East High fame, has been with the Nets organization since 2016.

He's in his third season as Long Island Nets general manager and doubles as the Brooklyn Nets assistant general manager.

Langdon – a member of the Alaska Sports Hall of Fame – has also worked for both the Spurs and Cavaliers before the Nets.

He might be on the move to another NBA organization soon.

Langdon is one of six candidates to replace Dell Demps as general manager of the New Orleans Pelicans, according to multiple reports.

"There's little doubt in my mind that he's destined for a great future as a GM one day," Anthony Puccio of SB Nation wrote. "(Langdon) fits the mold that every rebuilding organization needs."

After leading East HS to the 1994 state championship, Langdon had a stellar career at Duke University, where he received the nickname "Alaskan Assassin" for his sharpshooting ability. He also earned degrees in mathematics and history.

Langdon then played three seasons with the NBA's Cleveland Cavaliers (averaging 5.4 points), before spending eight years in Europe, mostly in Russia where he helped CSKA Moscow to several Euroleague titles.

100 MILES IN MAY: YOU'VE BEEN CHALLENGED

Join the MOVE-ment! Your activity counts toward your 100 Miles in May. Challenge your family, friends, and coworkers to a healthy month of daily physical activity. Support the Healthy Futures program and WIN cool prizes!

- STEP 1** Register Yourself at: 100miles.healthyfuturesak.org
- STEP 2** Create Your Team: Select a Category, Upload Your Logo url, Enter a Team/Individual Pledge.
- STEP 3** Invite Team Members: Send Out Templated Email to Your Team!
- STEP 4** Get Motivated: Build Team Spirit and CHALLENGE Others in Preparation for the CHALLENGE.
- STEP 5** Get Moving: Move, Enter Mileage, and See How You and Your Team Fares on the Leaderboards!
- STEP 6** Support Healthy Futures: Donations Received from the 100 Miles in May Challenge Go Directly Towards Programming to EMPOWER YOUTH TO BUILD THE HABIT OF DAILY PHYSICAL ACTIVITY.



MILES IN MAY



Healthy Futures: FEATURED TEACHER CHRIS STEWART



Name: Chris Stewart

School: Dena'ina Elementary School, Mat-Su Borough School District

Position: K-5 Physical Education Teacher

Years as a Teacher: 14

Years participating in the Healthy Futures Challenge: 10

My hero is . . .my Nana because she was a kind, generous spunky soul who took special care of family, friends, and every other living being that ever lived or worked on her grape farm.

When I'm not in the classroom you will find me . . . with my family in our camper somewhere in the woods of Alaska!

The craziest place I have ever been is . . . 14,000 feet in the air jumping out of an airplane!

My favorite recreation/fitness activity is . . . snowboarding on 24 inches of fresh powder.

The most inspirational thing a student has ever said to me is . . . thank you for being a teacher.

My favorite strategy for motivating kids to live a healthy lifestyle is . . . by showing them that the hard work of living a healthy lifestyle can be done in a fun way, and when it is, there's NO WAY to lose!

FROM THE **PLAAY** BOOK: by Dr. Michael Yogman, MD



Last February, thanks to an invitation from the Alaska Sports Hall of Fame and the Alaska Chapter of the American Academy of Pediatrics, I visited Anchorage to support the 2019 PLAAY summit and Healthy Futures Program. Thank you to Wallace Wilson, Harlow Robinson, Dr Lily Lou, Dr Jay Butler and many others for a wonderful introduction to Alaska.

The first morning I was able to view children joyfully exercising at the Special Olympics Center while it was being live streamed to schools in the rest of the US for their students to participate. That evening Dr Lou moderated a community panel at the Grant Hall Theater at APU with lots of thoughtful questions from the audience and a lively discussion by our panel. The following day I gave the keynote address for the PLAAY Summit at the Alaska Native Tribal Health Consortium on "The Power of Play" (a report I authored for the Academy of Pediatrics) emphasizing the role of healthy exercise and playful learning for healthy brain development, fostering both lifelong skills and resilience to adversity. I am so impressed by the excellent work encouraging health exercise for Alaskan youth by this program that I hope to encourage schools in Boston to participate next year.

Amazing as it may seem, in my 48-hour visit to Anchorage, I was able to view a moose and her calf in the parking lot of the Alaska Native Tribal Health Consortium, do some cross-country skiing on a beautiful sunny day with Wallace Wilson and Dr Butler, and view the Fur Rondy sled dog sprint races. Thank you all for an incredible first visit to Alaska.

Michael Yogman, MD is a professor of pediatrics at Harvard Medical School and has been a leading Boston area pediatrician for more than 20 years.

OUR SUPPORTERS: THANK YOU!



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