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Alaska Sports Hall of Fame /Healthy Futures Newsletter

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INVESTING IN A HEALTHY FUTURE

The struggle is real. These are tough times for non-profit organizations in Alaska.

That said, I could not be prouder of how our team continues to provide our state with a quality service. Our staff keeps figuring out ways to achieve more with less. Our board continues to deliver quality services to our state.

As Alaska finds its way through economically challenging times, we remain fiscally healthy because of the talented, hard-working people dedicated to our mission, and because of all of you who believe in us enough to write a check or visit our donation page.

As the corporate sponsorship and public dollars have decreased, we've asked more of individuals and small businesses and you have responded. We set a fundraising record with our 100 Miles in May Challenge this year and have seen an uptick in Pick, Click and Give receipts and random donations throughout the year.

Staff from left to right: Harlow Robinson, Alyse Loran, Matias Saari, & Shelley Romer at the 2019 Alaska Sports Hall of Fame Ceremony

As the end of the year approaches, we know we aren't the only ones asking and I'm sure your mailbox is filling up with requests from good causes. We've included a donation envelope in this newsletter. If you choose to support us, please know that any amount helps make Alaska a better place to live now and in the future.

Your donation is an investment in our Healthy Futures program, the Alaska Sports Hall of Fame, or our Positive Leadership for Active Alaska Youth (PLAAY) initiative. Here are some of the ways your dollars are at work:

- School bus rentals to transport kids from Title 1 schools to Healthy Futures supported events like Ski 4 Kids.

- Prize incentives for the 15,000 students from over 150 schools across the state completing their Healthy Futures Challenge monthly activity logs.

- School visits to rural communities from Healthy Hero athletes like Holly Brooks and Nick Hanson.

- Producing an awards ceremony to celebrate and honor significant people, moments, and events in Alaska sports history. Think "ESPYs for Alaska!"

- Producing the PLAAY Summit, an annual accredited conference for leaders of youth.

- Producing PLAAY Day, an annual synchronized simultaneous event in which thousands of children across Alaska and beyond join together for a half an hour of physical activity.

- Publication of the Alaska Sports Blog, which posts daily stories on Alaskans making good in sports around the world.

- Growth projects including an app-based middle school Healthy Futures Challenge and the development of a new and improved Alaska Sports Hall of Fame gallery at the Anchorage Airport .

Alaskans are a resilient and resourceful bunch. We'll weather this economic storm because we're good at weathering storms. But while Big Money may ebb and flow from this state, it's reaffirming to know you're still with us. Thank you!

Harlow Robinson
Executive Director, AK Sports Hall of Fame

DON'T FORGET TO VOTE!

Public voting for the Alaska Sports Hall of Fame runs through the month of November. This is your chance to help select the people, moments and events to be inducted into the Class of 2020!"

www.alaskasportshall.org

About Us

Alaska Sports Hall of Fame
www.alaskasportshall.org
Healthy Futures
www.healthyfuturesak.org
PLAAY
www.plaay.org

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HEADLINING PLAAY 2020 EVENTS:
ANTHONY ERVIN

The fastest swimmer on the planet is coming to Alaska!

Swimming legend Anthony Ervin will be the guest host for the 2020 PLAAY Day event in which thousands of kids from across Alaska and beyond will participate in 30 minutes of synchronized physical activity. He will also speak at a PLAAY Community Event on his life of adventure and adversity in and out of the water.

Ervin struck gold at the 2016 Rio Olympics, making history by reclaiming the Olympic title he first won as a teenager at the 2000 Sydney Games. After his win in Sydney he retired and spent over a decade on a path of exploration and often self-destruction.

Ervin resurfaced after ten years to not only make the U.S. Olympic team but swim faster than ever before. He became the oldest swimmer to win a gold medal in any individual swim event and once again earned the title of ***fastest human in water.***

**** PLAAY Day: February 20th, 10am, register online at plaay.org/plaay-day.***

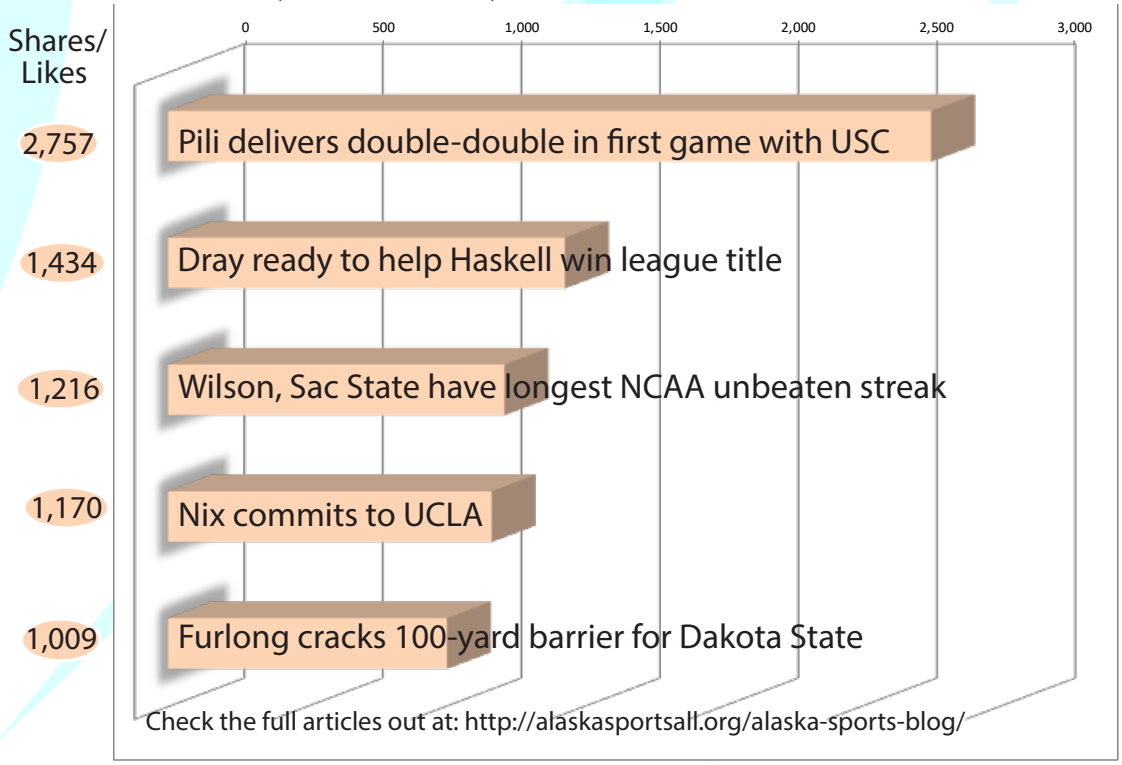
**** PLAAY Community Event: February 20th, 7pm, APU's Grant Hall***

www.plaay.org

PLAAY
Positive Leadership for Active Alaska Youth

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: NUTRITION

By MATIAS SAARI

Lars Flora, Nordic skier — I focus on whole foods that are from quality sources. I try to give myself time to enjoy the meals and not rush through the meal. The foundation of my diet is whole grains such as fresh bread and oatmeal, potatoes, rice, pasta, a variety of meat, and fruit and vegetables.

Kris Thorsness, Olympic rower — Being healthy doesn't mean that you only eat steamed broccoli and brown rice. You can eat healthy while enjoying lots of different kinds of foods so long as you keep an eye on your portions and don't overindulge too often.

Matt Carle, Hockey player— My diet is obviously very important to me, all the time and work in the gym would be worthless if I didn't refuel properly. I usually make a smoothie in the morning for breakfast, followed by lunch in the afternoon and for dinner every night I try to stay away from heavy carbs and have a big intake of protein, my favorite being bison meat. In saying that, I do like to indulge every once in a while, and when I do, my favorite thing is probably pizza from Moose's Tooth!

Janice Tower, Cyclist — I try to eat balanced meals with fresh fruits and vegetables, and lean meats such as fish and chicken. I eat whole grain foods for carbohydrates to fuel my workouts. I try to stay away from processed foods (junk food, sugar, white bread, bagels, chips, etc.) because they have very little nutritional value.

Damen Bell-Holter, Basketball Player — I try to maintain a healthy diet. I rarely drink soda and eat candy because those slow you down. The better I eat, the longer my career should last.

Kikkan Randall, Champion skier — For breakfast I like a Canadian bacon and veggie omelet with whole wheat toast and some coffee. For lunch a loaded turkey and swiss cheese sandwich on wheat bread with avocado, tomato and red onion, some roasted red pepper soup and apple slices. For dinner one of my Alaskan favorites is fresh salmon fillets on the grill with cajun seasoning on top, veggie shish-kabobs and baked sweet potato!

Eric Strabel, Mountain runner — I try to get good carbohydrates, some fat and protein in every meal. I start every day with two eggs and three slices of toast with jam or peanut butter. Turkey sandwiches for lunch, a hearty dinner, and good snacks in between. When I substituted healthier calories instead of reducing calories, I was able to train better and more, which improved my results greatly and I naturally lost the excess body fat without going hungry.

Phillip Blanchett, Native Games athlete — Food is very important to me, especially when I'm training. My body craves high proteins and I try to stay away from too much wheat and dairy. When my supply of fresh caribou or whale is low, I substitute it for Thai food! Those spices sure get me fired up.

HEALTHY FUTURES ELEMENTARY CHALLENGE UPDATE

By ALYSE LORAN

Kids around the state are running, biking, and playing their way to 60 minutes a day. Just as important, they're logging that activity and developing self-awareness for life. Statewide participation in the Healthy Futures Challenge has increased this fall from last spring, and we've been building momentum in a number of ways.

In early September, we kicked off the Challenge at Muldoon Elementary in Anchorage by hosting an assembly with Nick Hanson, who made a grand entrance by walking on his hands. Hanson is an accomplished World Eskimo Indian Olympics competitor and five-time participant in the NBC television series American Ninja Warrior, and is known as the Eskimo Ninja Warrior. He is an Inupiaq from Unalakleet, and he speaks with Alaska youth about suicide prevention and overcoming setbacks.

Weaving this message into his presentation to the students, Hanson conveyed the importance of physical activity for both the body and mind, and he described the impact leading an active life has had on his self-confidence and on putting him on the path to his current success.

Hanson also helped Healthy Futures staff describe our new incentives and demonstrate completing a Healthy Futures log. This year we added elements to the Challenge to encourage sustained participation throughout the year. Students receive a raffle ticket for each log they submit, and there will be a drawing for grand prizes at each school at the end of the year. The more logs a student turns in, the better their chances of winning. We also created a progress chart for teachers to hang in the school to recognize students who are consistently turning in logs. We're excited to see the impact of these changes on participation throughout the year.

ALASKA RUNNERS CRUSH IT NATIONWIDE

AN ALASKA SPORTS BLOG FEATURE BY MATIAS SAARI

From California to Utah to North Carolina, Alaskans ran up a storm over the weekend.

Reigning Mount Marathon Race champion Hannah LaFleur of Seward won the Catalina Half Marathon and placed fourth overall in 1 hour, 37 minutes and 11 seconds. LaFleur received a strong challenge from Californian Evelyne Ruiz (1:37:27) and broke the existing record by more than four minutes.

Hannah LaFleur

With snow finally on the ground in Anchorage, you'd imagine two-time Nordic skiing Olympian Holly Brooks would have spent the weekend gliding on the local trails.

Actually, Brooks was in Moab, Utah, where she placed second among women in the 50-mile Dead Horse Ultra running race. Brooks completed the technical race in 8 hours and 4 minutes on Saturday, trailing only Anne Flower of Kentucky (7:43).

The event featured more than 800 finishers in 50-mile, 50-kilometer and 30K events.

Joining Brooks on the trip was Greer Gehler, who placed 18th among women in the 50K in 5 hours. Rhianne Christopherson earned her 50K medal in 6:38 while Valerie Waldron finished in 7:33.

Across the country in Hendersonville, N.C., Allan Spangler dominated the Hullabaloo 50K, winning by 25 minutes in 3:50. He also shattered the course record from 2015 by 11 minutes.

Allan Spangler

Also at Hullabaloo, Nina Schwinghammer placed third among women in 6:07.

Meanwhile, at The North Face Endurance Challenge in San Francisco, Chad Trammell of Anchorage won Sunday's Half Marathon by more than a minute in 1:20:35, setting a new course record. Trammell's victory earned him enough points to qualify for the Courmayeur – Champex – Chamonix, an elite Ultra-Trail World Tour event in August 2020. In Saturday's marquee event, the 50-miler, Cody Priest gradually moved up throughout the race and placed 15th among men in 7:32. In Saturday's 50K, Mariah Graham placed sixth in 5:46.

Finally, at The Dome in Anchorage on Saturday morning, Aaron Fletcher ran a 5-kilometer time trial in 14 minutes, 9.9 seconds. While at least six Alaskans, including Fletcher, have run faster, the time is believed to be the quickest on Alaskan soil.

HEBARD SHINES IN HISTORIC WIN OVER TEAM USA

AN ALASKA SPORTS BLOG FEATURE BY VAN WILLIAMS

Ruthy Hebard of Fairbanks has worn a Team USA jersey in each of the last four summers, but she probably never thought about facing Team USA, let alone defeating them.

Yet that's what happened when Hebard and No. 1-ranked Oregon handed the American senior national team its first loss to a college team in 20 years after a 93-86 exhibition win in Eugene, Ore.

Hebard, of West Valley High fame, bagged 18 points and 11 rebounds in 29 minutes.

The 6-foot-4 forward held her own in the paint, sinking 9-of-14 field goals and grabbing four offensive rebounds.

Team USA had a full complement of WNBA all-stars like Sue Bird, Diana Taurasi, Nnemkadi Ogwumike and Sylvia Fowles.

Hebard matched up with the 6-foot-6 Fowles and proved to be effective on both ends of the floor.

"Ruthy carries us early in the game," Oregon coach Kelly Graves said.

Hebard enters her senior season poised to break the state scoring mark for NCAA D1 players from Alaska. She needs 236 points to break the record of 2,033 points held by Eagle River's Kelsey Griffin at Nebraska.

Hebard is also back on the preseason watch list for the Katrina McClain Award, which is presented to the nation's top power forward. She won that award as a sophomore and was a finalist last season.

With Team USA, Hebard has won three medals: a gold with the 2019 3×3 U20 team, a silver with the 2017 U19 World Cup squad and a gold with the 2016 U18 national team.

FROM THE PLAAY BOOK: PEDIATRICIAN'S TAKE

by Janet Shen, The Children's Clinic

Physical activity is a vital aspect of a child's growth and development.

The American Academy of Pediatrics (AAP) has established physical activity guidelines for infants, children, and adolescents from birth through 21 years of age (https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4_PhysicalActivity.pdf). As pediatricians, we take every opportunity to promote physical activity for our patients. For school-age children, the AAP recommends at least 60 minutes of physical activity each day, most of which should be moderate or vigorous activity (significant increase in heart rate and breathing effort).

At The Children's Clinic, we emphasize the importance of physical activity at each well child visit. We believe that engaging in an active lifestyle from a young age has immediate benefits, including the development of important motor, social, cognitive, and communication skills, as well as long-term benefits such as the prevention of obesity, diabetes, cardiac disease and other chronic conditions. We encourage families to be physically active together and suggest innovative ways to incorporate physical activity into a family's daily schedule.

For the past year, The Children's Clinic has been promoting the Healthy Futures Challenge Program to its patients, encouraging them to be physically active for at least 60 minutes a day and a minimum of 15 days a month. We have the monthly Physical Activity Logs available to all our patients (infants through high school). At the end of each month, patients who return the completed logs are entered into a drawing for a prize. The winner can choose between tickets to the Alaska Zoo, Alaska Rock Gym, and Get Air. All participants also receive a glow-in-the-dark wristband inscribed with "I'm an Action Hero - Team TCC".

We are strongly committed to partnering with our families and our community to promote a healthy lifestyle for our patients.

Healthy Futures: FEATURED TEACHER

Name: Zachery Trudeau

School: Fawn Mountain Elementary School, Ketchikan Gateway Borough School District

Position: Physical Educator

Years as a Teacher: 3

Years participating in the Healthy Futures Challenge: 3

My hero is . . . Andrew Trudeau because he is my dad and why not.

When I'm not in the classroom you will find me . . . enjoying all that Alaska's beautiful mountains, waters, and shores has to offer.

The craziest place I have ever been is . . . Bohol, Philippines

My favorite recreation/fitness activity is . . . fishing.

The most inspirational thing a student has ever said to me is . . . "I love that you challenge us because we need it to get better".

My favorite strategy for motivating kids to live a healthy lifestyle is . . .to have the students challenge me. For example, how long can you hold a hand stand?

Other information about yourself you'd like to share . . . I love to promote functional movements and I love to see my students excel in a quest to be the healthiest people by using functional movements in their daily routines.

CHALLENGE SCHOOL UPDATE:

WELCOME NEW CHALLENGE PARTICIPANTS THIS FALL!

Aniak Junior Senior High School (6th grade)
Aurora Borealis Charter School
Blackwell School
Grace Christian School
Maudrey J. Sommer School
Ptarmigan Elementary

15 CHALLENGE AWARD

Abbott Loop Elementary
Anne Wien Elementary
Aquarian Elementary
Bear Valley Elementary
Bowman Elementary
Butte Elementary
Chester Valley Elementary
Chugiak Elementary
Fire Lake Elementary
Girdwood Elementary
Homestead Elementary
Inlet View Elementary
Kasuun Elementary
Machetanz Elementary
Manokotak Elementary
Muldoon Elementary
Northwood Elementary
O'Malley Elementary
Talkeenta Elementary
Tri-Valley Elementary
Tudor Elementary
Two Rivers Elementary
Upstream Learning
Willow Crest Elementary
Woodriver Elementary

10 CHALLENGE AWARD

Auntie Mary Nicoli School
Bayshore Elementary
Fairview Elementary
Fire Lake Elementary
Mat Su Central School
Redoubt Elementary
Ursa Minor Elementary
Whale Pass School

5 CHALLENGE AWARD

Kachemak Selo School
Klawock School
Teller Elementary
Tok Elementary

OUR SUPPORTERS: THANK YOU!

Accurate Vision Clinic • Alaska Mental Health Trust Authority • Anchorage Education Association Anchorage Running Club • Anchorage School District ATS Alaska • Bristol Bay Native Corporation • Coffman Engineers • CRW Engineering Group • Hilcorp • Enstar First National Bank of Alaska • Kaladi Bros. • Pick. Click.Give • PDC Engineers • PND Engineers, Inc. R&M Consultants • Skinny Raven Sports • Ted Stevens International Airport • United Physical Therapy Wonderbuild.com

Sponsor Highlight

Thanks to our featured partner & sponsor, ALASKA KIDNEY FOUNDATION! We appreciate your wonderful support and wish Suzanne Goodrich all the best in her retirement- thank you for your wonderful partnership and it's been a pleasure to work with you Suzanne!

Alaska Sports Hall of Fame/Healthy Futures

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