

FOR IMMEDIATE RELEASE: January 14, 2009

Assembly Held at Sierra Elementary

On January 9, 2009 Sierra Elementary held an all school assembly. Principal Jim Verrill discussed “Character Counts” and highlighted the trait of always doing your best which tied into the success of the students in the Running Club “First Step Fit Kids” at Sierra. Susan Loken, with “Chances for Children and First Step Fit Kids” was the guest speaker and motivated all of the students about running, fitness, health and setting personal goals. She has competed in the Olympic trial marathon, won numerous Marathons and is the current reigning USA Masters Marathon Champion. There are 175 students in the Running club at Sierra. Of those, 78 students who had ran 25 miles or more since the fall received a certificate at the assembly.

On January 17th they will be running in the PF Chang 1 mile fun run to complete 26 or more miles –therefore completing the equivalent of a full marathon. As of January 9th, 2009, the running club has run a total 3,614 miles. Estimated miles to run by Jan 16th – 4,125 (Phoenix to Orlando and Back). Estimated miles to run by end of the year –16,500 (Phoenix to Sydney, Australia and Back).