

Aktive



Alaska Sports Hall of Fame /Healthy Futures Newsletter

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Positive Leadership for Active Alaska Youth

GET WELL SOON, KIKKAN RANDALL

No person embodies the spirit and mission of our organization more than Kikkan Randall.

Long before she became an Olympic hero, Kikkan was spokesperson for our Healthy Futures program. Barely out of high school, she saw value in Healthy Futures when it was operating out of founder Bonny Sosa's garage and is still with us, 15 years later.

Kikkan's ascendance as a Nordic ski racer paralleled Healthy Futures growth into a dynamic statewide program. But despite the extensive demands on her time and her body, she nearly always accepted requests to appear at school assemblies, jamborees, Tuesday Night Races, PSA recordings, and other ways to engage with children and motivate them to get moving and dream big.

In 2006 Kikkan volunteered to be a "Healthy Hero" for an Alaska Sports Hall of Fame/Healthy Futures collaboration and shared thoughts on exercise, nutrition, sportsmanship, and other values learned from sports.

"All it takes is a few good choices every day and you can be on your way to feeling good and living well," she wrote.

The Alaska Sports Hall of Fame had a budget of just \$50 when it was established in 2006, so Kikkan, who was taking a web-design course, volunteered to construct The Hall's first website. Later, when Healthy Futures became a program of ASHOF and our budget was healthy, she declined compensation, even while scratching for sponsorship dollars to help fund her Olympic ski career. Beyond her time, she

gave us her power point projector, donated Olympic memorabilia, and even made financial donations.

Kikkan's unselfishness and grace shine even when the moment is about her. When inducted into the Alaska Sports Hall of Fame, she praised those who supported and inspired her and credited the Anchorage community for her success.

Alaska has received much more from Kikkan than we've given — something many of us feel in our heart with Kikkan's recent breast cancer diagnosis.

For this reason, it felt good to be at Kincaid Park this fall. Anchorage high school runners surprised Kikkan by donning the Olympic Gold medalist's trademark pink at the Big 8 meet and presented her with

a signed get-well banner. Most of these teenagers were not yet born when she was a state champion runner at East High School. But no doubt many held Kikkan's World Cup trophy at a school assembly or received a Healthy Futures medal from her at a youth jamboree.

"She's looked up to so much by all of these kids," one coach said.

"I've been through a lot of challenges going for that Olympic gold, and this is just my latest challenge," she told the kids in an emotional speech. "And knowing you have my back makes me feel stronger than ever."

We've ALL got your back, Kikkan. Get well soon!

Harlow Robinson
Executive Director



DON'T FORGET TO OTE!

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 2019!"

www.alaskasportshall.org



About Us

Alaska Sports Hall of Fame
www.alaskasportshall.org
 Healthy Futures
www.healthyfuturesak.org
 PLAAY
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HEALTHY FUTURES: SPRING 2018 CHALLENGE WINNERS

Tier 1 (Student enrollment 401+)

1st Place Machetanz Elementary
 2nd Place Alpenglow Elementary
 3rd Place Rabbit Creek Elementary

Tier 2 (Student enrollment 201-400)

1st Place Anderson Elementary
 2nd Place Chugach Optional Elementary
 3rd Place Crawford Elementary

Tier 3 (Student enrollment 41-200)

1st Place Manokotak Elementary
 2nd Place Fort Yukon Elementary
 3rd Place Chief Ivan Blunka School

Tier 4 (Student enrollment 40 and under)

1st Place Kachemak-Selo School
 2nd Place Cantwell School
 3rd Place Moose Pass School

HEALTHY FUTURES CHALLENGE LONGEVITY AWARDS EARNED SPRING 2018

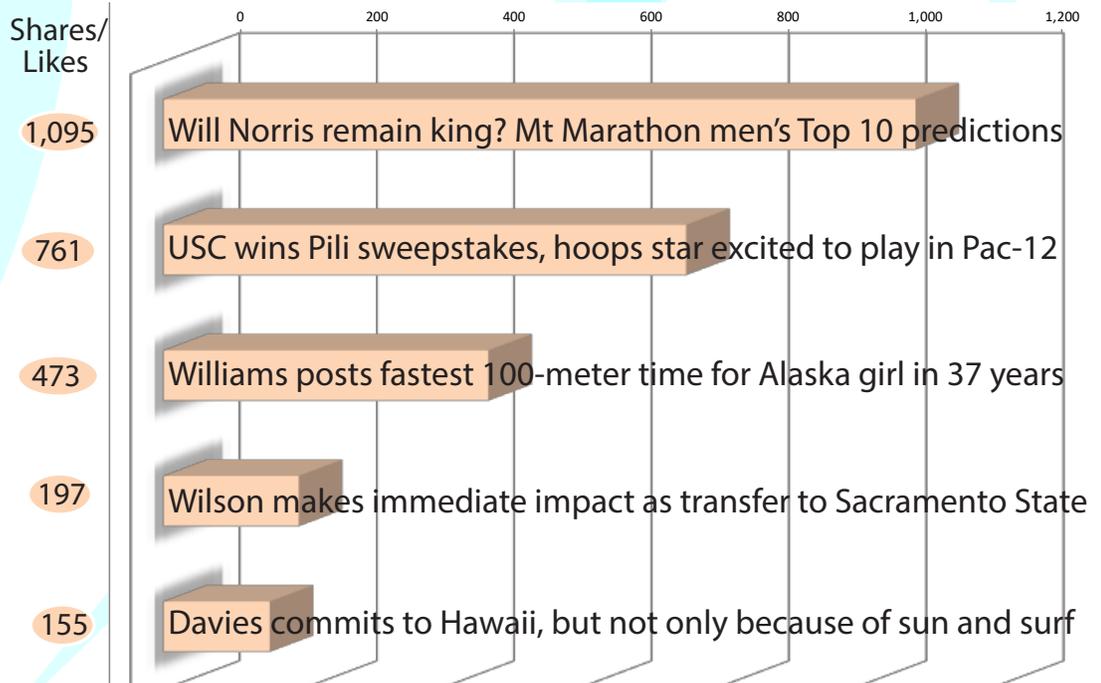
10 Challenge Award
 Alpenglow Elementary

Andrew K. Demoski School
 Arctic Light Elementary
 Cooper Landing School
 Government Hill Elementary
 Harold Kaveolook School
 Holy Cross School
 Iditarod Elementary
 John Shaw Elementary
 Juneau Raven Correspondence
 Knik Elementary
 Meadow Lake Elementary
 Nanwalek School
 Pioneer Peak Elementary
 Sand Lake Elementary
 Seward Elementary
 Sherrod Elementary
 Spring Hill Elementary
 Susitna Elementary

5 Challenge Award
 Aqquluk Elementary
 Hydaburg School
 June Nelson Elementary
 Port Alexander School
 Susitna Elementary
 White Mountain School

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://alaskasportshall.org/alaska-sports-blog/>

HEALTHY HEROES SPEAK: HOW DO YOU EXERCISE?

By MATIAS SAARI

George Attla, Legendary Sprint Musher — I kept in shape all winter by setting beaver traps, cutting and chopping ice and snowshoeing, plus I ran a trap line and hauled wood using dogs. By spring I felt in such good shape that I thought I could whip the world. In summer, I hauled fish nets, cut 400-500 salmon a day, rowed boats, and used a sledgehammer to pound stakes. Basically I move all day, every day.

Lauren Murphy, Professional Mixed Martial Artist — At the gym we do jiu-jitsu, boxing, wrestling, cardio work outs and sparring. Sometimes I will run outside or on the treadmill, or lift weights. I love to swim too. Six days a week I just have to make sure I do SOMETHING! I take one day a week off to give my body a break.

Andrew Kurka, Paralympic Skier — I love to spend summer outside going on a bike ride or finding a lake to jump in, kayak or canoe on. Then I hit the gym for about 30 minutes of cardio, then strength and technique training. In the winter, I ski for about four hours every day, then hit the gym for a cool down.

Christy Marvin, Champion Runner — Our family tries to incorporate exercise into our everyday lives. From the entertainment that we choose, to taking the stairs vs. an elevator, using self-powered modes of transportation if possible, and carving out time most days for specific workouts.

Joey Crabb, Professional Hockey Player - On an average day I wake up and get a workout in the morning at the gym for about three hours. After that my day is open for anything but a lot of times I choose an activity with friends that is also good physical activity like tennis,

golf, or basketball.

Libby Riddles, Iditarod Champion — Alaskans have an advantage in that the wilderness is usually just out our back door, inviting us out. It is easy to stay healthy when hiking, fishing, berry picking and snow shoveling are part of everyday life.

Will Ross, Professional Off-Road Triathlete - Cycling is my main form of exercise. Mountain bike and road bike riding in the summer, and fat biking on snow in the winter. I also enjoy running and hiking in the mountains, swimming in lakes, and in the winter backcountry skiing.

Kris Thorsness, Olympic Rower — You don't have to run marathons. Just walking, something almost all of us can do, is great exercise and a great way to start down the path of being active every day.

HEALTHY FUTURES ELEMENTARY CHALLENGE UPDATE

By ALYSE LORAN

The Fall 2018 Healthy Futures Challenge is off to a strong start with 170 schools across the state signed up and logging their activity. We are doing things a little differently this year, and students and teachers alike have reported enthusiastic feedback about the potential these changes have to motivate sustained participation.

Since the Challenge's inception 15 years ago, we have followed the same incentive system, awarding a small toy to each student for every log successfully completed. This year we are emphasizing grand prizes at EACH school instead. Students will receive a different colored wristband for each successful log that they can wear with pride. At the end of both the Fall and Spring Challenges, students who have collected all three wristbands will be entered in a drawing to win a sports bag, and one student from each school will win.

In addition, one student from each school who completes all six logs in the year will win a drawing for a

A WINNER FROM EACH SCHOOL!

Complete an activity log to get a wrist band.

COLLECT ALL 3 colored bands in a Challenge to be entered to win this awesome Sports Bag!

TAKE THE HEALTHY FUTURES CHALLENGE!

COLLECT ALL 6!

STAY ACTIVE! STAY HEALTHY!

60 MINUTES A DAY!

COLLECT ALL 6 colored bands in a year to be entered to win this cool Healthy Futures Champion hoodie!

A WINNER FROM EACH SCHOOL!

Providence Health & Services Alaska

Alaska State Office of Education

Alaska Department of Health & Social Services

Alaska Department of Education & Early Childhood Development

Alaska Department of Transportation

Alaska Department of Natural Resources

Alaska Department of Fish & Game

Alaska Department of Community & Regional Affairs

Alaska Department of Corrections

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Alaska Department of Natural Resources

Alaska Department of Fish & Game

Alaska Department of Community & Regional Affairs

Alaska Department of Corrections

Alaska Department of Public Safety

Alaska Department of Veterans Affairs

Alaska Department of Social Services

Talk to your teacher or visit healthyfutureak.org

Healthy Futures hoodie. With one student from each school winning, grand prizes will be more visible to students. We are excited for the potential this new system has for motivating kids around the state to participate year-round.

Also creating enthusiasm and innovation around the Challenge is the second year of our credit course for Challenge coordinators. The course has been a great opportunity for educators to share resources and discuss effective methods for helping their students develop healthy physical activity habits. The 36 teachers registered for the class receive one graduate level continuing education credit through University of Alaska Anchorage.

The Fall Healthy Futures Challenge runs September through November, and registration for the Spring Challenge will begin in mid-December.

FROM WALK-ON TO CAPTAIN, HALL HAS REMARKABLE RISE AT IDAHO

AN ALASKA SPORTS BLOG FEATURE BY VAN WILLIAMS

Before he walked on the football team at the University of Idaho, Ed Hall of Chugiak got sage advice from his high school coach Jason Brewer.

"He told me, 'You have to outwork everybody. You have to be first in everything. You have to showcase yourself,'" Hall said. "It's tough coming out of Alaska because there's not too many coaches coming up there to scout players."

Hall, of Eagle River High fame, has seized his opportunity with the FCS program and has emerged as one of the premier linebackers for the Vandals. His teammates also recently voted him a team captain.

The 6-foot, 214-pounder turned



in a career year last season when he posted personal bests in tackles (78), pass deflections (3) and interceptions (3). Hall earned honorable mention all-conference honors.

Hall just laughed when asked how much he has improved since arriving at Idaho.

"Strides and strides," he said. "When I came out of high school, I was motivated but technique wise, I was pretty low on the pyramid. I didn't even know about the game, really. My football intelligence was pretty low. I didn't know what to look for. I didn't know where to put my eyes."

In 37 career games with Idaho, Hall has accounted for 178 tackles, including 24 for loss, three forced fumbles and 1.5 sacks.

Not bad for a former walk-on from Alaska.



"Everything has pretty much worked out according to plan, maybe even better, both athletically and academically," Hall said. "I'm pretty happy I came to Idaho. I'm happy with what's come out of it."

And he's not finished. He wants to end his career with a bang.

"Our goal is to win the conference championship, make the playoffs and win the national championship," Hall said. "We are aiming high. We are ready to go and motivated."

HEBARD RUBS ELBOWS WITH WNBA ROYALTY AT TEAM USA CAMP

AN ALASKA SPORTS BLOG FEATURE BY VAN WILLIAMS



A towering figure in the college game, Ruthy Hebard of Fairbanks hit the hardwood with some true giants of the game at the USA Basketball Women's National Team's

training camp.

The All-Pac-12 performer out of the University of Oregon was among a handful of college stars among the 20 players invited to participate in a three-day event in Columbia, South Carolina, to determine World Cup roster spots.

The 6-foot-4 forward had a blast rubbing elbows with WNBA players on and off the court.

"It was honestly a great experience,"

Hebard told me. "I'm glad I went. I knew I was going home. They told me from the start they just wanted me to come for three days and get experience in so that lifted some stress off me."

Last season as a sophomore at Oregon, Hebard enjoyed a historic campaign in which she set the NCAA record for consecutive field goals (33) for men and women; broke her school's single-season record for field-goal percentage (.660); earned All-Pac-12 honors and All-American honorable mention recognition; won the Katrina McClain National Power Forward of the Year award; and became the fastest Alaska woman to reach 1,000 career points at D1 level.

She also won a gold medal at the USA Basketball women's 3-on-3 national

tournament with some Oregon teammates.

It was her third medal as a member of USA Basketball. She also won gold with the U18 team at the FIBA Americas tournament in 2016 and a silver with the U19s at the FIBA World Cup in 2017.

She won't win a World Cup medal this year – but don't count her out in the future.

Hebard's presence at the Team USA tryout reminded her of her bright future but at the same time

reminded her that she's still not quite ready to make the jump to the pro game. She needs more polish.

"I am glad I have two years left of college to expand my game," she said, "but I know that I can be a pro and will be if I work hard, and God willing, I will be a top pro player."



CROW PASS CROSSING

by MATIAS SAARI

On July 28th, Healthy Futures directed the Crow Pass Crossing backcountry footrace for the first time — to overwhelmingly positive reviews.

The iconic race on the local running calendar served as a successful fundraiser for Healthy Futures programs.

Crow Pass, founded in 1984, travels 22.5 miles from the Crow Pass Trailhead near Girdwood to the Eagle River Nature Center. The unique course includes snowfields, a frigid crossing of the Eagle River, chest-high vegetation, potential wildlife encounters and countless rocks and roots.

Healthy Futures was careful not to reinvent the wheel of a race that has never included aid stations or a marked trail. However, it instituted popular changes such as a later start time, vehicle shuttles to the start,

a new registration system, a website and a logo. It also attracted a host of new sponsors and volunteers including the Alaska Mountain Rescue Group, which staged crews at the Eagle River and other locations for safety purposes.



Olympic skier Scott Patterson won in 2 hours, 59 minutes and 35 seconds, earning his fifth title by outracing Allan Spangler of Juneau and professional runner Zach Miller of Colorado. Runners from Oregon, Washington, California, Utah, Hawaii and Arizona also participated.

Christy Marvin claimed the women's crown in 3:32:21. The records held by Nancy Pease and Geoff Roes still stand despite a new \$500 prize for new records.

The 35th Crow Pass Crossing is slated for July 20, 2019. Registration opens on May 1 and is expected to fill quickly — in 2018 the 150 spots were snapped up in seven hours. visit www.crowpasscrossing.com for updates and info

Healthy Futures: FEATURED TEACHER NANCY BLAKE



Name: Nancy Blake

School: Goose Bay Elementary School, Mat-Su Borough School District

Position: Physical Educator

Years as a Teacher: 27

Years participating in the Healthy Futures Challenge: Over a decade, at least!

My hero is . . . I have many heroes -

people who inspire me on a daily basis by their passion and commitment to improving the world around them. Two women from history who have inspired me are Elizabeth Cady Stanton and Susan B. Anthony. They spent their lives fighting for women's right to vote in our country, and yet they didn't even live long enough to cast a legal ballot. Their commitment, never wavering, gave those who came after them the right to have a voice. It is my hope that all we do today will also make the world a better, more equitable place for those who come after us.

When I'm not in the classroom you will find me . . . doing just about anything! I like to go walking with our dogs, take off on a good bike ride, escape into a good book, listen to live music, and try to challenge myself by learning something new.

The craziest place I have ever been is . . . ALASKA! I grew up on the other side of the continent and never thought of moving to The Last Frontier! On the advice of a college friend, I applied

for a summer job in Denali National Park (making pizza at Lynx Creek!) and fell in love with the land and the people. It is a wonderful place, and 27 years later, I am so proud to call it my home.

My favorite recreation/fitness activity is . . . It changes all the time! Right now, I am loving bike rides on these beautiful fall days, and I am looking forward to getting back on my XC skis when the snow falls again. I also find that having a morning routine of hopping on the treadmill or elliptical, as "boring" as it may seem to some, helps me start a busy day with an extra spring in my step!

The most inspirational thing a student has ever said to me is . . . "I can do it!" I teach young students, ages 5-8 years of age. Every day, my students come to school with bright, excited smiles on their faces, eager to see what I have planned for them in physical education class. THIS is what inspires me, and keeps me focused on meaningful, purposeful instruction. When my kids burst forth, proudly exclaiming "I did it! I did it!" I know that these feelings of success and achievement will carry them toward an active life, where they will pursue new activities with confidence.

My favorite strategy for motivating kids to live a healthy lifestyle is . . . to provide as many opportunities as possible for my kids to use the skills they learn in PE class. From before-school activities, to recess challenges, to after-school programs, the greater the variety of opportunities for kids to pursue the activities that light up their hearts, the greater the likelihood that they will continue to pursue these activities as they graduate from Goose Bay. If it is done with joy, they will continue to be active.

OUR SUPPORTERS: THANK YOU!



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FROM THE **PLAY** BOOK: PRESCRIPTION FOR PLAY

by Lily Lou, MD, FAAP



Dr. Michael Yogman reviews the essential power of play for developing children in this new clinical report: <http://pediatrics.aappublications.org/content/early/2018/08/16/peds.2018-2058>.

This generation has seen increasing encroachment on time and commitment to unstructured, child-directed play. A progressive emphasis on academic content has ridden the tide of No Child Left Behind since

2001. More and more families have both parents working. Some families are challenged by single parents and a variety of child care arrangements. Some playgrounds, parks and neighborhoods are not felt to be safe enough for children in today's world. And there is no denying the trend for increasing screen time and social media interaction. "From 1981 to 1997 children's playtime decreased by 25%. Children 3 to 11 years of age have lost 12 hours per week of free time."

What's wrong with this picture? Dr. Yogman describes categories of play, and the crucial role played by each type in the development of healthy social interaction and learning. From the appearance of a baby's first social smiles, through simple reciprocal games like peek-a-boo, through exploring objects, to more sophisticated interactions with parents, other nurturing adults and other children, child-led exploratory interaction builds each child's ability to function effectively in our increasingly complex world. Communication skills blossom from uncontrollable crying to whining to using words to request assistance within the first three years. Children learn how to plan and execute tasks, negotiate turn-taking and interact with others comfortably. Play decreases

stress and is an important counteracting factor in the face of adverse childhood experiences. These benefits stay with children throughout childhood and into adulthood.

In the early years, environmental experiences and interactions affect the physical growth of the brain and the connections that are made. A baby's brain doubles in size in the first year and reaches 80% of adult size by age three. The areas that support critical thinking, learning and handling stress grow bigger in children who play and the areas associated with anger and uncontrolled emotion are suppressed. Brain growth factors are higher in children who play. Physical activity is crucial for developing motor skills, but outdoor play also helps to hone cognitive, social and linguistic skills.

It is important to allow both free play, such as unstructured recess periods or playing outside, as well as play guided by nurturing adults. A process called scaffolding allows rapid learning in areas just beyond what is already mastered when an adult loosely guides the child to "push the envelope." Learning is more effective when the guidance is not tightly directed but takes cues from the child and allows some latitude for exploration. Children learn more effectively when they are provided less content and allowed to develop their abilities in the learning process itself. Encouraging these sorts of interactions rewards and enhances curiosity and imagination.

For information and to read the rest of the article, go to <http://pediatrics.aappublications.org/content/early/2018/08/16/peds.2018-2058>.

Lily J. Lou, MD, FAAP is the Executive Medical Director, The Children's Hospital @ Providence & Women's Services.