



Empowering the Health and Well-Being of Sonoma County Youth!

¡Empoderando la Salud y el Bienestar de los Jóvenes en el condado de Sonoma!

iDO26.2 Run/Walk Program

“I am so glad our school participates in the **iDO26.2** program. My students love getting outside to run, and it increases their focus in the classroom when we break up the day with physical activity. Establishing this routine of daily exercise is so important for their well-being.”

Kate Wood, Kindergarten and 1st Grade Teacher

“Estoy muy contenta de que nuestra escuela participe en el programa **iDO26.2**. A mis alumnos les encanta salir a correr y esto aumenta su concentración en el aula cuando separamos el día con actividad física. Establecer esta rutina de ejercicio diario es muy importante para su bienestar.”

Kate Wood, Maestra de Kindergarten y 1er grado



iDo26.2 – I Did It! And So Can You!!

Imagine the feeling of accomplishment of completing a full marathon!



iDo26.2 – ¡Lo hice! ¡Y tú también puedes!

¡Imagínese la sensación de logro al terminar un maratón completo!

About: iDo26.2 is an innovative walking/running program designed to encourage our Sonoma County youth to perform regular physical activity as part of a healthy lifestyle. Students are challenged to run or walk at least **26.2 miles** (the distance of a full marathon) over the course of the academic year – logging miles at their own pace. Completing this marathon teaches students the benefit of goal-setting, determination, and taking small steps to reach the finish line. Perhaps more importantly – it inspires a child's belief in their ability to succeed!

Fun Fact!

Collectively, iDo26.2 students travel the equivalent of 10 times around the Earth during the academic year!

Benefits: This program is fun and absolutely **FREE** to all students and schools in Sonoma County – with over **13,000** students participating annually from more than **70** schools and after-school programs! There is no equipment required, and it offers teachers an easy, fun way to help their students reach the CDC's recommended 60 minutes of physical activity per day. iDo26.2 serves **ALL** children regardless of financial standing since opportunities for exercise should not be a privilege, but a **right!**

-Benefits of Regular Physical Activity-

*Improved Physical Fitness
Improved General Health and Lower Risk of Multiple Diseases
Improved Emotional Health
Improved Academic Achievement and Success in School
Supports the Ability to Set, Reach, and Exceed Goals
Encourages Healthy Socialization with Friends*

History: Dr. Joe Clendenin, a retired Santa Rosa family physician, was concerned about the growing childhood obesity rates in Sonoma County. He recognized the success of school-based initiatives to improve the health and well-being of both students and families. This inspired Dr. Joe to design an easy physical activity program that all schools could participate in across Sonoma County. With the support of a dedicated steering committee comprised of school district representatives, public health staff, and community organizers, the iDo26.2 program launched in 2012. To date, the iDo26.2 program has served over 70 schools and afterschool programs!

Acerca de: iDo26.2 es un programa innovador para caminar/correr diseñado para alentar a nuestros jóvenes del condado de Sonoma a realizar actividad física regular como parte de un estilo de vida saludable. Los estudiantes tienen el desafío de correr o caminar al menos **26.2 millas** (la distancia de un maratón completo) durante el transcurso del año académico, registrando millas a su propio ritmo. Completar este maratón les enseña a los estudiantes el beneficio de establecer metas, determinación y dar pequeños pasos para llegar a la meta. Quizás lo más importante es que inspira a los niños a creer en su capacidad para triunfar.

iDato divertido!

¡En conjunto, los estudiantes de iDo26.2 viajan lo equivalente a 10 vueltas alrededor de la Tierra durante el año académico!

Beneficios: Este programa es divertido y absolutamente **GRATIS** para todos los estudiantes y escuelas del condado de Sonoma, - con más de **13,000** estudiantes participando anualmente de más de **70** escuelas y programas extracurriculares! No se requiere equipamiento y ofrece a los maestros una manera fácil y divertida de ayudar a sus estudiantes a alcanzar los 60 minutos de actividad física recomendados por la CDC por día. iDo26.2 sirve a **TODOS** los niños, independientemente de su situación financiera, iya que las oportunidades de ejercicio no deben ser un privilegio, sino un **derecho!**

-Beneficios de la Actividad Física Regular-

*Mejora la Aptitud Física
Mejora la Salud General y Disminuye los Riesgo de Múltiples Enfermedades
Mejora la Salud Emocional
Mejora el Rendimiento Académico y Éxito en la Escuela
Apoya la Capacidad de Establecer, Alcanzar y Superar Metas
Fomenta la Socialización Saludable con Amigos*

Historia: El Dr. Joe Clendenin, un médico de familia jubilado de Santa Rosa, estaba preocupado por el creciente índice de obesidad infantil en el condado de Sonoma. Reconoció el éxito de las iniciativas escolares para mejorar la salud y el bienestar tanto de los estudiantes, como de las familias. Esto inspiró al Dr. Joe a diseñar un programa de actividad física en el que fácilmente todas las escuelas a través del condado de Sonoma

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A Message from Karissa Moreno, Executive Director

The Center for Well-Being is thrilled to celebrate the incredible students, teachers, and volunteers who make **iDo26.2** possible. This special Press Democrat insert is dedicated to their extraordinary spirit, and celebrates all of the people who have made this program a success over the years. These are challenging times, and although we cannot be together in person, celebrating our past successes can provide hope for a brighter future. The Center for Well-Being is committed to empowering the health and wellbeing for **ALL** in Sonoma County, and our **iDo26.2** program is just one of the many ways that we do so!



In Partnership and Health!
¡En solidaridad y salud!

Karissa Moreno

Un Mensaje de la Directora Ejecutiva, Karissa Moreno

El Center for Well-Being se complace en celebrar a los increíbles estudiantes, maestros y voluntarios que hacen posible el programa de **iDo26.2**. Este encarte especial en el periódico Press Democrat está dedicado a su extraordinario espíritu y celebra a todas las personas que han hecho de este programa un éxito a lo largo de los años. Estos son tiempos desafiantes y, aunque no podemos estar juntos en persona, celebrar nuestros éxitos pasados puede brindar esperanza para un futuro mejor. ¡El Center for Well-Being se compromete a potenciar la salud y el bienestar de **TODOS** en el condado de Sonoma, y nuestro programa **iDo26.2** es solo una de las muchas formas en que lo hacemos!



About the Center for Well-Being

The Center for Well-Being is a local nonprofit health and wellness center based in Santa Rosa, and for almost **25 years** we have provided evidence-based programs and services that have been proven to improve the quality of life for our community members! All of our programs are offered in English and Spanish, and each year we support almost **25,000** individuals, helping them live healthier and happier lives!

In addition to **iDo26.2**, we offer **youth programs** like Project TRUE [Teens R U Educated], which is a youth leadership program that empowers students to advocate for healthy changes they want to see in their community through peer-to-peer education. We provide **nutrition classes** for people of all ages who want to lose weight, learn to cook healthy meals, and feel better – especially for those struggling with diabetes, high blood pressure, and other chronic diseases. We also have services for those who have experienced a cardiac event through our **cardiac rehab**. At a **community** level, we promote whole-person wellness by engaging with residents and offering education, support, and access to resources. We also provide workforce training through our **Community Health Worker** Training and Certification Program.

As an organization that prioritizes **equity**, we provide our programs and services to **ALL** regardless of ability to pay – offering them for **FREE** for those who otherwise would not be able to afford them!

For more information about how we can help, contact us today!
Para obtener más información sobre cómo podemos ayudar, ¡contáctenos hoy! 707.575.6043 | info@nccwb.org | www.norcalwellbeing.org

A cerca del Center for Well-Being



El Center for Well-Being es una organización local sin fines de lucro enfocada en la salud y bienestar ubicada en Santa Rosa, y durante casi **25 años** hemos brindado programas y servicios basados en evidencia que han demostrado mejorar la calidad de vida de los miembros de nuestra comunidad! Todos nuestros programas se ofrecen en inglés y español, y cada año apoyamos a casi **25,000** personas, ¡ayudándoles a vivir vidas más saludables y felices!

Además del programa de **iDo26.2**, ofrecemos **programas para jóvenes** como el Proyecto Jóvenes Están Educados [Project TRUE, por sus siglas en inglés] que es un programa de liderazgo juvenil que permite a los estudiantes abogar por cambios saludables que desean ver en su comunidad a través de la educación entre pares. Ofrecemos **clases de nutrición** para personas de todas las edades que desean perder peso, aprender a cocinar comidas saludables y sentirse mejor, especialmente para aquellos que luchan con diabetes, presión arterial alta y otras enfermedades crónicas. También contamos con servicios para aquellos que han padecido de un evento cardíaco a través de nuestra **rehabilitación cardíaca**. A nivel **comunitario**, promovemos el bienestar integral de la persona al relacionarnos con los residentes y ofrecer educación, apoyo y acceso a recursos. También brindamos capacitación a la fuerza laboral a través de nuestro Programa de Certificación y Capacitación para **Promotores de Salud**.

Como organización que prioriza la **equidad**, proporcionamos nuestros programas y servicios a **TODOS** independientemente de su capacidad de pago - ¡ofreciéndolos **GRATIS** para aquellos que de otra manera no podrían pagarlos!

iDo26.2 Rocks!

"For the last few years our school has participated in the iDo26.2 marathon program. It was awesome to have a whole school activity where we all had something that we were working towards together. Running helped me feel balanced so I could focus on my school work. It was also fun getting to do active things with my friends. If we finished the whole thing we got our own wristband or t-shirt! We also got shoe charms every five miles."

-Rylo Wyre, 6th Grade Valley Vista

"My students really enjoyed participating in I DO 26.2! The students felt so accomplished as they saw their miles accumulate, and the students pushed each other to succeed and hit their milestones. It was the perfect way to warm up their minds for learning, or to get all of the end-of-day wiggles out. I think it taught many students how rewarding being active can be."

Kara Billinger, 2nd grade Teacher

"The positive, competitive atmosphere that this program created lightened my students' moods and created a healthier environment on campus."

Sarah Deering, Middle School History Teacher

"I thought it was a great program. It helped kids like me relieve stress from school work and get rid of energy. You would see kids running, walking or racing in groups to try to run the most laps. While racing with other kids you felt free and alive but after you finished you felt dead and proud of your accomplishment. While you're working towards your marathon you would get feet charms that would go onto a necklace that goes with the t-shirt that you received after you finished a marathon and receive a certificate saying that you ran 26.2 miles."

-Itzel Rodriguez, Helen Lehman Elementary school graduate, Cross County participant at Santa Rosa Middle School, 8th Grader

"This program gave students the opportunity to set goals and work hard to achieve them. They loved seeing their progress and

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iido26.2 es Genial!

"Durante los últimos años, nuestra escuela ha participado en el programa de maratón iDo26.2. Fue increíble tener una actividad para toda la escuela completa en la que todos estábamos trabajando juntos para lograr algo. Correr me ayudó a sentirme equilibrado para poder concentrarme en mi trabajo escolar. También fue divertido hacer cosas activas con mis amigos. Si terminábamos todo, íobteníamos nuestra propia pulsera o camiseta! También recibíamos amuletos en forma de zapatos cada cinco millas."

-Rylo Wyre, 6to grado Valley Vista

"Mis estudiantes disfrutaron participar en el programa de iDO26.2! Los estudiantes se sintieron más realizados al ver que se acumulaban sus millas, y los estudiantes se alentaban unos a otros para tener éxito y alcanzar sus metas. Fue la manera perfecta de calentar sus mentes para el aprendizaje, o para calmar el estado de inquietud del final del día. Creo que enseñó a muchos estudiantes lo gratificante que puede ser el estar activo."

Kara Billinger, Maestra de 2do grado

"El ambiente positivo y competitivo que creó este programa relajó el estado de

ánimo de mis estudiantes y creó un ambiente más saludable en el plantel escolar."

Sarah Deering, Maestra de Historia de Secundaria

"Pensé que era un programa excelente. Ayudó a niños como yo a aliviar el estrés del trabajo escolar y a eliminar energía. Podías ver a niños corriendo, caminando o competir en grupos para ver quién podía completar más vueltas. Mientras competíamos corriendo con otros niños, nos sentíamos libres y vivos, pero después de terminar, nos sentíamos muertos y orgullosos de nuestros logros. Mientras trabajas para tu maratón, obtenías amuletos en forma de pies que iban en un collar que iba con la camiseta que recibías después de terminar un maratón y recibías un certificado que decía que corriste 26.2 millas."

-Itzel Rodriguez, Graduada de Helen Lehman Elementary School,

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**Join us in celebrating all of the schools and
afterschool programs who have participated
in iDo26.2 over the years!**

Thank you!



Alexander Valley School



Alexander Valley School in Healdsburg has participated in the iDo 26.2 program for the past few years.

Apple Blossom School



Apple Blossom School in Sebastopol has participated in the iDo 26.2 program since 2015.

Austin Creek Elementary



The 2019-20 school year was the first year Austin Creek Elementary in Santa Rosa participated in the iDo 26.2 program.

Albert Biella Elementary



Students at Biella Elementary have participated in the iDo26.2 program for many years & love it! The weekly afternoon run was attended by students in 1st-6th grades and was a good opportunity to build community as well as to encourage a healthy lifestyle. Second grade teacher Josh Motchar says “This program is a great way to bring the school together each week to get some exercise and promote physical fitness. The kids really have fun out here at iDo26.2.”

Boys & Girls Clubs of Sonoma-Marin



Total iDo26.2 in 2019	Youth Served	Communities	Clubs
380	10,106	11	42

We are committed more than ever, to ensure Club Members, families, staff & communities have the resources & support they need to navigate these uncertain times. Visit us at bgcsonoma-marin.org to learn more about our current operations including Virtual Club, Summer programs, & more!

Brook Hill Elementary, Santa Rosa

Cali Calmecac Elementary, Windsor

Cloverdale Clubhouse, Cloverdale

Jack London Elementary, Santa Rosa

Lucchesi Park Club, Petaluma

Mark West Club, Windsor

McDowell Elementary, Petaluma

McKinley Elementary, Petaluma

Roseland Elementary, Santa Rosa

San Miguel Elementary, Santa Rosa

Bellevue Elementary

2019 Participants	1 Marathon	2 Marathons	3 or More!
386	376	10	N/A



"I love running in PE because I get to run with my friends, listen to great music, and take a break from my classroom."

--Jose S.

Bellevue has been part of the iDo26.2 program for 5 years.

Brook Hill Elementary



We at Brook Hill Elementary love being a part of the iDo26.2 Program. It's just one way of bringing our school together as a community in a healthy and positive way. The students and staff have enjoyed our Monday Fun Runs, where the entire school comes out to the blacktop and runs or walks in unison, encouraging and supporting each other to keep on moving. Teachers also take the time to get their students out of the classroom and go for a short run or walk during the day to take a mental break, understanding this helps with the Academic Achievement and Success for their students to be better learners, as well as improving their Emotional and Physical Health. The Brook Hill Bobcats are proud supporters of the iDo26.2 Program!

Binkley Elementary



Last year was the first year Binkley Elementary participated in the iDo 26.2 program.

Brooks Elementary



Students from Brooks Elementary in Windsor have participated in the iDo 26.2 program since 2013.

Cali Calmecac Language Academy



Students from Cali Calmecac in Windsor have participated in the iDo 26.2 program since 2013.

Luther Burbank Elementary

2019 Participants	1 Marathon	2 Marathons	3 or More!
148	72	8	N/A

My students said that running everyday become a habit for them and that some of them would egg each other on to do extra miles to earn their happy little feet. They loved making necklaces and bracelets with their multi-colored "feet charms" they would earn.

-Ann West, 3rd grade teacher



Kids love to run for the most part, but like adults, sometimes need that motivation and friendship piece to keep them motivated and moving. I think this program gets kids excited; it's healthy and it introduces them to an activity that can really be rewarding as they go through life.

-Mr. Ross Hause, Assistant Coordinator and 6th grade teacher

Extended Child Care



Cali Calmecac Elementary, Windsor
J.X. Wilson Elementary, Santa Rosa
R.L. Stevens Elementary, Santa Rosa
Wright Elementary, Santa Rosa

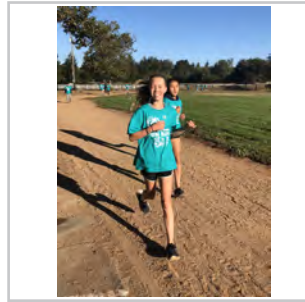
Extended Child Care has participated in iDo 26.2 since the very beginning! Hundreds of students have participated each year and many have finished a marathon distance. The students really looked forward to the daily and weekly running and walking with their friends and families.

Cinnabar Charter School



Cinnabar Charter School has participated in the iDo26.2 program for the past 4 years. Students ran laps before school, during recesses, at lunch, in PE class, and after school. Students earned a running ticket for every lap they completed and exchanged the tickets for feet charms. Since implementing the program, students have developed an increased awareness of physical education which has translated to increased engagement in the classroom. We are very happy to be part of this wonderful community program.

Corona Creek School



"I love iDo26.2! Every year I work hard to beat my previous record. It's a challenge that I always look forward to!"

Dakota, age 12

There were far more students running and getting fit at Corona Creek Elementary School than before we started iDo26.2 seven years ago. The kids developed a drive for achieving their goals (often multiple marathons in a year), while our teachers enjoyed more focused, productive students in the classroom.

Cesar Chavez Language Academy



Cesar Chavez Language Academy has participated in iDo 26.2 since 2015.

Guerneville School



"I am so glad our school participates in the iDo 26.2 program. My students loved getting outside to run, and it increased their focus in the classroom when we break up the day with physical activity. Establishing this routine of daily exercise is so important for their well being."

Kate Wood, K/1 Teacher

"This program gave students the opportunity to set goals and work hard to achieve them. They loved seeing their progress and felt pride when they were able to run for longer periods of time or increase their speed. I plan on continuing this program when students return to the classroom." Megan Corcoran, 1/2 Teacher

"The positive, competitive atmosphere that this program created lightened my students moods and created a healthier environment on campus." Sarah Deering, Middle School History Teacher

Geyserville Elementary School



The 2019-20 school year was the first year Geyserville Elementary participated in iDo26.2.

Hidden Valley School



"iDo26.2 gives students KA-6th grade the opportunity to excel outside of the classroom." -Angie Wallace, 3rd grade teacher & iDo26.2 coordinator

The iDo26.2 program at Hidden Valley benefits all students physically as well as socially. It's a time for students to get outside, be with their friends, and enjoy being physically active. The pride and enthusiasm the students feel when their goal of completing a marathon is achieved is contagious. In these uncertain times, it's programs like this that provide an opportunity for students to engage with each other and expand their horizons outside of the classroom environment.

Grant Elementary



Grant Elementary in Petaluma has been part of iDo26.2 since 2014.

James Monroe Elementary



"I love the Fun Run! We have a great sense of community while getting in a healthy practice. My students practice their fraction knowledge as they complete each lap, chanting: 1/4 of a mile; 2/4 equals 1/2; 3/4; 4/4 equals One Whole Mile! I believe all 25 of my students will be able to complete one marathon equivalent."

Chris Bertozzi, 4th grade teacher

2019 Participants	1 Marathon	2 Marathons	3 or More!
420	400	0	0

Jose Salazar is the Health Wellness Champion for James Monroe Elementary of the Santa Rosa City School District. Last year was the 5th year that James Monroe implemented a school-wide weekly Fun Run every Wednesday. Right after lunch the entire student body met out on the field or on the blacktop to run for 25 minutes. Students can run with friends or siblings from different classes and grade levels. Our student engagement coordinator, Bryan Juarez, had music playing on a speaker to help motivate students. Staff are staggered along the course to help monitor students and teachers record laps. We started this event to help meet our 26.2 mile marathon goal for the school year in partnership with the Sonoma County wide iDo26.2 running program.

Helen Lehman Elementary



"I think I like the fitness run because it keeps our bodies in shape and people can encourage other people to get in shape."
- Cesar M. 5th Grade Student

Our students loved to challenge themselves and one another. We tallied the total miles ran by each class and then divided that number by how many runners each class had. At the end of the month the class with the highest average of miles got to keep a little trophy in their classroom. Teachers and students loved to ask, "Who gets the trophy this month?" The iDo26.2 Fitness Run is an amazing opportunity for the entire school to exercise together!

Abraham Lincoln Elementary



Lincoln Elementary School students have been participating in the iDo26.2 program for the past 8 years! Our students and teachers looked forward to getting outside for some exercise with their friends on our Friday Fun Runs. Many classes were even out there much more often. The fitness breaks helped our students on so many levels and...it's fun! Thank you to Ms Baskin, our Wellness Champion, for encouraging our students to stay healthy and happy.

J.X. Wilson Elementary



J.X. Wilson Elementary in Santa Rosa has participated in the iDo 26.2 program for many years.

Kawana Springs Elementary



Students from Kawana Springs Elementary in Santa Rosa have participated in iDo 26.2 since the 2012-2013 school year.

Kids Care Expanded Learning Program

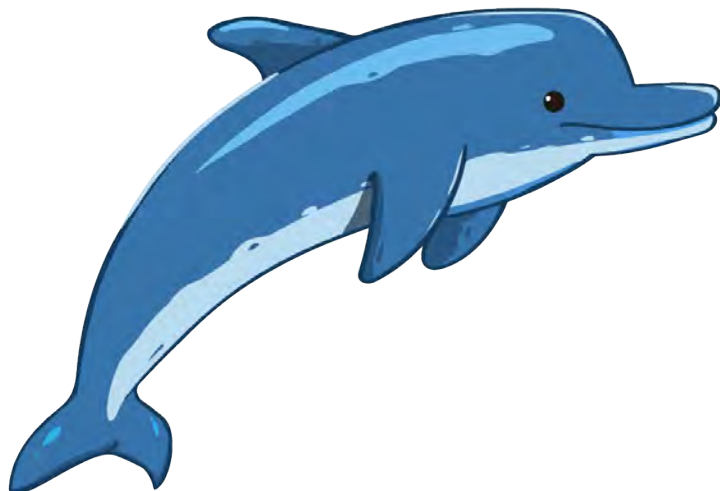


"The reason the iDo26.2 program is successful is because of the staff and how they integrated it into the regular program. They are great role models and encourage all the kids to run and walk."

La Tercera Elementary, Petaluma
Loma Vista Elementary, Petaluma
Miwok Elementary, Petaluma
Old Adobe Elementary, Petaluma

Kids Care staff successfully implemented the iDo26.2 "running club" for the past 5 years, prior to the current school year. The program staff took their students out to the track every Wednesday to run or "walk-and-talk" depending on student preference. A staff member marked students' hands for the number of laps completed, and the kids got their iDo26.2 foot tokens as a way to motivate them to complete their marathons over the year.

Matanzas Elementary Charter



The 2019-20 school year was the first year Matanzas Elementary in Santa Rosa participated in the iDo 26.2 program.

Meadow Elementary



"iDo26.2 has been transformative in our school. It has inspired a love of running and staying healthy."

-Melissa Becker, Principal

Meadow teachers embed iDo26 in their PE program, so that it is a natural part of our students' complete PE learning. In past years, all ages could be seen outside on a daily basis running our track, with the end goal of hitting 26.2 miles. It is wonderful to see the smiles, the encouragement from student to student to try one's best, and teachers working with students to stay fit. This program bolstered our students' interest in running to the point that last year fifty 4th-6th graders signed up for an additional running club on Fridays after school.

Mattie Washburn Elementary



"The kids absolutely love this program! They enjoy being in a different setting with peers from their class along with other classes. They encourage each other to walk, run or even skip along during the time provided and the fun tokens that they get after completing every 5 miles really keeps them going!"
-Lisa DeFazio, program coordinator

Making running part of our physical education program was an important part of our physical and mental health each week. This is what the top running teacher had to say about her participation:

"My kids loved Mileage Club and would often beg to go for a run during our school day! I had lots of students who ran several laps every time we went out to run. My class has some future track and field athletes! "
-Abby Wilson 2nd grade teacher

Kenwood Elementary



Kenwood Elementary has participated in the iDo 26.2 program for the past several years.

Meadow View Elementary

2019 Participants	1 Marathon	2 Marathons	3 or More
407	376	NA	NA

"When you can step out of your comfort zone and be uncomfortable, you will see what you are made of and who you are."
—Sue Bird, WNBA



Bellevue Union School District in Santa Rosa began iDo 26.2 six years ago. We decided to give our students 20 minutes during P.E. to work on their cardiovascular health. Students have enjoyed learning various activities that also improve heart health. Completing the iDo 26.2 is a source of Panther Pride they will cherish forever.

Orchard View School



Orchard View School in Sebastopol participated in the iDo 26.2 program beginning in 2016.

Madrone Elementary



Madrone Elementary in Santa Rosa has participated in the iDo 26.2 program since the 2018-19 school year.

Santa Rosa Accelerated Charter School



SRACS has participated in the iDo 26.2 program for the past few years.

Penngrove Elementary



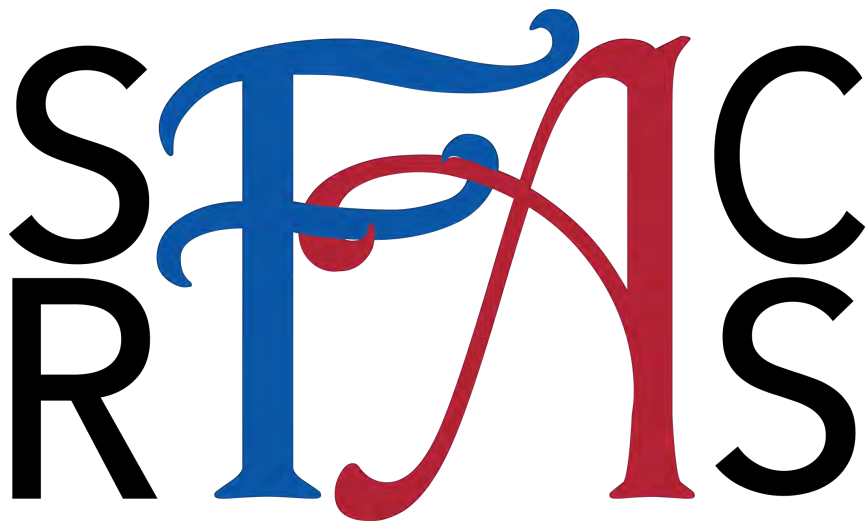
Penngrove Elementary has participated in the iDo 26.2 program since the very first year of the program!

Sequoia Elementary



Sequoia Elementary School in Santa Rosa has proudly participated in the iDo26.2 Program for the past three years. Mrs. Govan enrolled our school hoping to encourage everyone to be a part of this healthy and fun fitness program to keep kids moving. Many of our students do two or more marathons per school year!

Santa Rosa French American Charter School



The Santa Rosa French American Charter School has participated in the iDo 26.2 program since 2013.

Steele Lane Elementary



"We run with our 1st Grade Buddies. Often it's how we start our week, first thing on Monday morning. Kids have the chance to connect with their classmates, and build relationships within the larger school community."

Mrs. Klosevitz, Fourth Grade Teacher

Steele Lane School has been participating in the iDo26.2 program for many years. Each year looks a little different in terms of how many classes join in and how they go about fitting it into their schedules, but no matter what, every year, we have many kids and staff members participate. Students walk, jog, and run, then collect their token feet. Each year kids are excited to receive their award for participation. The iDo26.2 program is a fixture of Steele Lane's focus on wellness and nurturing the whole child. It is good for the body, mind, and spirit.

Sheppard Accelerated Elementary

Congratulations to all of our Tiger students and teachers. Way to go!



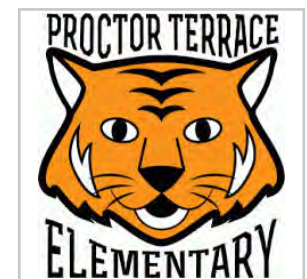
We are so inspired by our incredible students and teachers for representing Sheppard Accelerated Elementary school in the iDo 26.2 walking/running program for the 5th year in a row. At Sheppard, we believe in building healthy hearts, minds and bodies and working together to achieve goals. The students, families and teachers who participated in iDo 26.2 this school year embody those principles and we are so proud of the them. Congratulations, Sheppard community!

Proctor Terrace Elementary

2019 Participants	1 Marathon	2 Marathons	3 or More!
402	1		

"iDo26.2 is good exercise and it teaches students that exercise is good for you. I really like it."

Connor, 4th Grade



Proctor Terrace has participated in iDo26.2 since just about the beginning. All of our students and staff are enthusiastic participants of the program. We all celebrate the benefits of the physical as well as the social/emotional health benefits of iDo26.2.

Oak Grove Elementary



Oak Grove Elementary in Sebastopol has been participating in iDo26.2 since 2017.

Spring Creek Elementary



"It's fun because you get to run with friends and get energy out"
-Audrey, 3rd Grade

We have been doing iDo 26.2 for one year and our teachers and students really love the program. They enjoy telling how many laps they did. It calms them down and they are ready to learn. Thanks to our Coordinator, Coach Wilson for making it happen!

Roseland Creek Elementary



CONGRATULATIONS TO OUR
AMAZING BEAR CUBS!

There is no challenge that our Roseland Creek community cannot overcome together and this year has been no exception. We have participated in the iDO 26.2 program for the past 5 years and we have never been more proud of our Bear Cubs for their commitment to reaching their goals. We would like to thank and celebrate our students, families and teachers for another year of setting a goal and striving to achieve it no matter the obstacles. Go Bear Cubs!

Taylor Mountain Elementary



Students from Taylor Mountain Elementary in Santa Rosa have participated in iDo 26.2 since the 2012-2013 school year.

St. Eugene Cathedral School



St. Eugene Cathedral School in Santa Rosa has participated in the iDo 26.2 program since the 2018-19 school year.

Valley Vista Elementary



Valley Vista Elementary in Petaluma has been participating in iDo26.2 for over 5 years.

Thomas Page Academy



Thomas Page Academy is proud to be participating in iDo 26.2 for the eighth year in a row! Thomas Page Academy is a K-8 grade public school located in beautiful Cotati. TPA would like to thank Joe Clendenin from the Center for Well Being and all of the sponsors for their support of this program. It's a fun challenge that exercises our minds, hearts, and lungs!

Village Elementary Charter



Village has been participating in the iDo26.6 program for the last three years. It is a great way to get students moving in the morning before the school day begins and we love that students can participate outside of school too!

2019 Participants	1 Marathon	2 Marathons	3 or More!
190	11		

Sonoma County Family YMCA

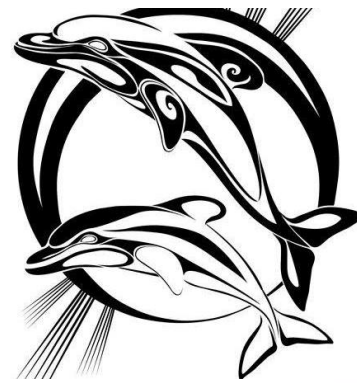


The YMCA Afterschool Recreation Program has been a proud partner of iDo 26.2 since 2012. Our staff has been instrumental in implementing the program and keeping track of students' miles. The students have enjoyed walking and running with their friends and they are so proud when they reach a marathon—or more!

Evergreen Elementary, Rohnert Park
Grant Elementary School, Petaluma
Jack London Elementary, Santa Rosa
John Reed Elementary, Rohnert Park
La Fiesta Elementary, Rohnert Park
Marguerite Hahn Elementary, Rohnert Park
McNear Elementary School, Petaluma
Monte Vista Elementary, Rohnert Park
Olivet Elementary, Santa Rosa
Penngrove Elementary, Penngrove
Prestwood Elementary, Sonoma
Richard Crane Elementary, Rohnert Park
Saint Rose Elementary, Santa Rosa
Schaefer Elementary, Santa Rosa
Strawberry Elementary, Santa Rosa
Thomas Page Elementary, Cotati
Yulupa Elementary, Santa Rosa

The Y is a leading charitable organization committed to improving our community's health. Financial assistance is available.
Sonoma County Family YMCA • 1111 College Avenue Santa Rosa,
CA 95404 • P707 545 9622 www.scfymca.org

Robert L. Stevens Elementary



Robert L. Stevens was one of the first schools to sign on to the iDo26.2 program back in 2012. The CalSERVES COOL School program coordinates iDo26.2.

Riebli Elementary



Riebli Elementary in Santa Rosa was one of the very first schools to adopt the iDo 26.2 program!

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Stepping Forward: We are all looking forward to a time when we can run and walk together at school. Until then, iDo26.2 is committed to supporting students find creative ways to engage in physical activity during distance learning. The iDo26.2 program shows that together we can create a stronger and healthier community by empowering children to develop healthy habits – one step at a time.



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podieran participar. Con el apoyo de un dedicado comité directivo compuesto por representantes del distrito escolar, personal de salud pública y organizadores comunitarios, el programa iDo26.2 se lanzó en el año 2012. ¡Hasta la fecha, el programa iDo26.2 ha servido a más de 70 escuelas y programas extracurriculares!

Dando un Paso Adelante: Todos esperamos con ansias el momento en que podamos correr y caminar juntos en la escuela. Hasta entonces, iDo26.2 está comprometido a ayudar a los estudiantes a encontrar formas creativas de participar en la actividad física durante el aprendizaje a distancia. El programa iDo26.2 muestra que juntos podemos crear una comunidad más fuerte y saludable al capacitar a los niños para que desarrollen hábitos saludables- un paso a la vez.

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felt pride when they were able to run for longer periods of time or increase their speed. I plan on continuing this program when students return to the classroom.”

Megan Corcoran, 1st & 2nd Grade Teacher

“My Transitional Kindergarten & Kindergarten students have enjoyed setting a goal for themselves and seeing how they can reach it over time with small steps. It ignites excitement in them to figure out that after running so many laps over a week helps them get closer to a mile and then they push themselves to run more so they can reach the next mile and so on. This translates to goal setting in life and teaches them that you can reach a goal by taking small steps and increasing those steps as you progress towards it. It also has given them a time to be outside, breathe fresh air, run (which is innate in young children), feel their heart beating, and release energy that they have been compressing while in the classroom and focusing on learning in a chair or on the carpet. We teach them that their heart is one of the most important muscles in their bodies and they need to keep it strong by doing exercises. There have been so many times that they have ended their laps and have been so captivated by the fact that they can feel their heart pounding and it is clearly evident to them that they are making their bodies and heart strong.”

Becky Vanden Heuvel, Transitional Kindergarten & Kindergarten Teacher

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Participante de carreras de campo en Santa Rosa Middle School, 8vo grado

“Este programa les dio a los estudiantes la oportunidad de establecer metas y esforzarse para alcanzarlas. Les encantaba ver su progreso y se sentían orgullosos cuando podían correr durante períodos de tiempo más largos o aumentar su velocidad. Planeo continuar con este programa cuando los estudiantes regresen al aula.”

Megan Corcoran, Maestra de 1er y 2do grado

“Mis alumnos de transición a Kindergarten y Kindergarten han disfrutado establecer una meta para ellos mismos y viendo cómo pueden con el tiempo y pequeños pasos la pueden alcanzar. Les ocasiona entusiasmo descubrir que correr tantas vueltas durante una semana les ayuda a acercarse a una milla y luego se esfuerzan por correr más para poder alcanzar la siguiente milla y así sucesivamente. Esto se traduce al establecimiento de metas en la vida y les enseña que pueden alcanzar una meta dando pequeños pasos y aumentando esos pasos a medida que avanzan hacia ella. También les ha dado un tiempo para estar al aire libre, respirar aire fresco, correr (que es innato en los niños pequeños), sentir los latidos de su corazón y liberar la energía que han estado comprimiendo mientras estaban en el aula y enfocarse en aprender en una silla o en la alfombra. Les enseñamos que su corazón es uno de los músculos más importantes de su cuerpo y necesitan hacer ejercicio para mantenerlo fuerte. Han habido tantas veces que han terminado sus vueltas y han quedado tan cautivados por el hecho de que pueden sentir su corazón latiendo y es claramente evidente para ellos que están fortaleciendo su cuerpo y su corazón.

Becky Vanden Heuvel, Maestra de transición a Kindergarten y Kindergarten

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Active 20-30 Club of the Redwood Empire #1029
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Empire Runners
Exchange Bank
Friedman's Home Improvement

Healthier Generations
The John Jordan foundation
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Press Democrat
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A heartfelt thank you to all of the sponsors and supporters who have helped us bring iDo26.2 to Sonoma County schools since 2012!

Support the Center for Well-Being Today!

For over two decades the Center for Well-Being has radically improved quality of life for Sonoma County residents through our evidence-based programs and services. Each year we support **25,000** individuals, helping them to live healthier lives!

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