



# KEVIN ARMSTRONG, M.D. MEMORIAL SPORTS FOUNDATION

[www.armstrongmdfoundation.org](http://www.armstrongmdfoundation.org)

FALL 2019

## HIGHLIGHTS

**13,000** intermediate school students served by KAMSF since 2005

**2,100** KAMSF T-shirts provided annually to students participating in Intramural Sports Programs

**1,200** pairs of shoes purchased for low income youth in Santa Ana to participate in the **RunStrong** Program

**150** the average number of **RunStrong** students participating in 5k, 10k and Half Marathon races

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## RunStrong students are excelling athletically and academically!



**RunStrong** provides Santa Ana students athletic opportunities that they would not normally have by sponsoring their participation in 5k/10k races in Orange County. **RunStrong** began in 2010 with 50 students from three Santa Ana Intermediate schools. Since then, participation has grown to over 150 students from seven Santa Ana Intermediate and K-8 Schools competing in four races per school year. Dedicated coaches commit hundreds of volunteer hours training and preparing students before and after school for race day. Coaches are sharing their passion for running and serving as mentors



and counselors. On race day, the energy level is high and the excitement is palpable even though many Santa Ana students are competing for the first time. As they position themselves at the start line with seasoned runners from all over Southern California, **RunStrong**

students are prepared and anxious to begin. Their hard work and commitment pays off. Year after year **RunStrong** students medal in their respective age groups with many students achieving their personal best during the school year only to better their times the following school year. Santa Ana students now have a prominent place in the Orange County running community. **RunStrong** provides fun, safe, and healthy opportunities for students and they are proud of their accomplishments, staying in school and excelling academically and athletically.



## KAMSF Sponsors the Intermediate School Track & Field Tournament



For the 11th consecutive year, KAMSF participated in the Annual Intermediate School Track & Field Tournament by distributing healthy snacks and T-shirts to over **500**



participants and providing lunch for event volunteers. The event was a huge success!

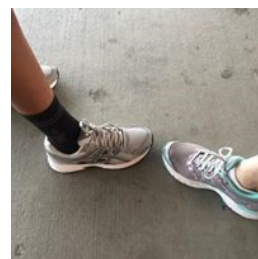


## Healthy Athletes, Healthy Futures

### Year End Family Celebration and Fun Run

At the end of last school year, Principal Jose Luis Pedroza hosted the RunStrong Year End Family Celebration and Fun Run at Carr Intermediate School. Parents and siblings joined in as RunStrong students and coaches were honored for their achievements during the year.

Contributions to KAMSF pay for transportation to and from races, registration fees, healthy snacks, **RunStrong** T-shirts AND new running shoes that allow students to run with confidence.



A special thanks to our RUNSTRONG partners:



**Just Give!**  
You can support KAMSF through your contributions. Visit the [justgive.org](http://justgive.org) link on the Foundation's website at [www.armstrongmdfoundation.org](http://www.armstrongmdfoundation.org).  
**Our kids and our coaches thank you!**

The Kevin Armstrong, M.D. Memorial Sports Foundation is a non-profit, 501(c)3.

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