

Aktive



Alaska Sports Hall of Fame /Healthy Futures Newsletter

VOL. 01 NO. 04 Spring 2017

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MEETING CHALLENGES

Non-profit organizations across Alaska are working hard to navigate the challenging economic times our state is currently facing. Ours is no different.

In our efforts with the Alaska Sports Hall of Fame, its signature Healthy Futures program, and its PLAAY (Positive Leadership for Active Alaska Youth) initiative, we have two primary objectives: 1) provide the highest possible quality service within our mission, and 2) operate in a fiscally responsible manner.

I'm pleased to say that we are continuing to meet these objectives.

Our 2nd annual PLAAY Summit was hosted by our partners at Alaska Native Tribal Health Consortium. The conference included a slate of experts on the spectrum of youth and adolescent health in sports and recreation. Thanks to a slate of tremendous speakers and relevant topics, the summit was well-received and well-attended.

But PLAAY Day (see pic below) may have been the biggest highlight of PLAAY 2017. The day before the conference started, we teamed with dozens of sponsors, community partners, and volunteers to lead nearly 10,000 children from over 100 schools across the state in a half hour of synchronized physical activity – all at the same time! An event of this scale had never been done in Alaska and we hope it helps galvanize communities across the state around the importance of living physically active lifestyles.

We will host our 11th annual induction ceremony on April 27 at the Anchorage Museum (see page 4). We have a class of inductees and Directors' Awards recipients that Alaska can be proud of. It's always fun to see how the "personality" of the classes vary from year to year and it's reaffirming to

see that the honorees continue to surpass the high bar we set. This year's class – featuring two 4-time Iditarod champions and Alaska Native Games' most decorated athlete – is no different.

Our Healthy Futures program continues to engage youth across Alaska (see page 3). Looking at the footprint of our Healthy Futures Challenge, it's encouraging to see success stories coming out of rural communities like Noorvik and Hydaburg.

There are a lot of fundraisers out there seeking support for many good causes. Healthy Futures is no different. Thanks to the help of our friends at R&M Consultants, Inc. and a grant from the Rasmuson Foundation, we have a fundraiser to be proud of.

100 Miles in May is a way for businesses, families, friends, and individuals to raise valuable funds for Healthy Futures. But it's also an opportunity for participants to role model a healthy lifestyle for our youth, and to engage in a fun competition where you can track your progress on individual, team, industry and statewide leaderboards. And win cool prizes!

I do believe 100 Miles in May gives as well as it gets. If you have not done so already, I encourage all of you to sign up! (see page 5)

As we move into our second decade, I'm grateful for the financial support we've received from the businesses and individuals that share in our mission. But there are also so many that have offered their skills, time and resources to ensure we remain vital moving forward.

Thank you on behalf of our entire team. Have a healthy and happy summer!

Harlow Robinson
Executive Director



About Us

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

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HEALTHY FUTURES: EVENT SUPPORT HIGHLIGHTS

Photos by MATIAS SAARI

Healthy Futures was busy this winter participating in a wide variety of events, including a winter trails day, a winter jamboree and the NANA Nordic program that teaches youth to ski in villages across Alaska.



Kids and instructors cheer before their week-ending race April 7 in Kotzebue.



Kids play broomball at the Winter Jamboree Feb. 19 at Cuddy Park in Anchorage.



Costumes abounded at the Superhero Showdown April 8 in Anchorage. The event organized by Skinny Raven Sports was a fundraiser for Healthy Futures.



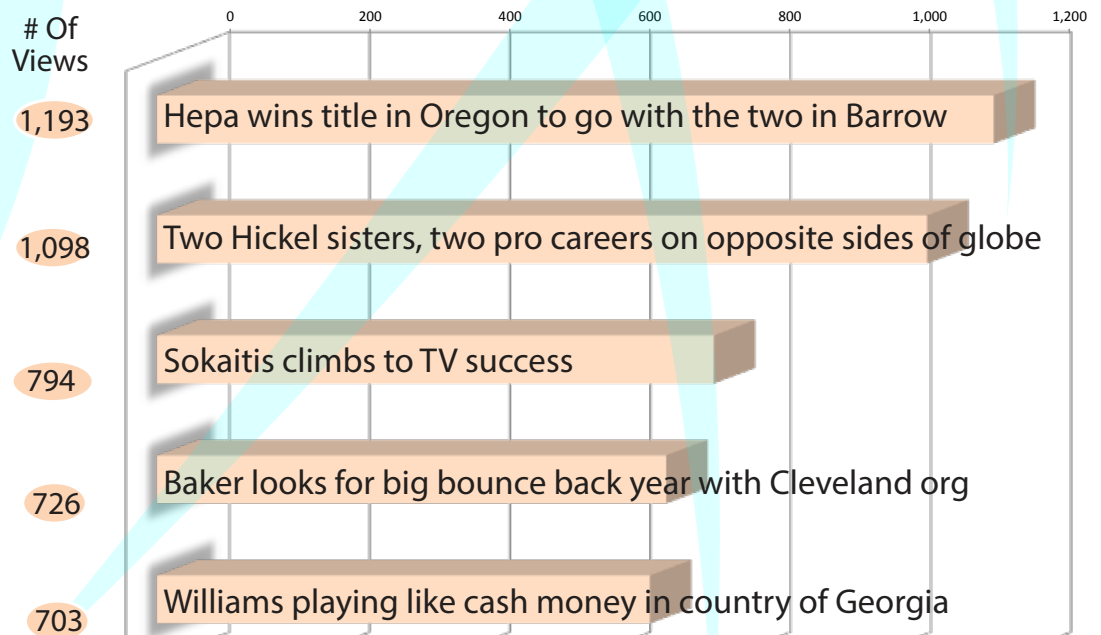
Kids in Noorvik learn to climb a hill during a week in April with the NANA Nordic program.



With help from Chain Reaction Cycles, a kid tries fat-tire biking at the Winter Jamboree Feb. 19 at Cuddy Park in Anchorage.

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 3,000 stories on over 500 Alaska athletes.



Check the full articles out at: <http://alaskasportsall.org/alaska-sports-blog/>

HEALTHY HEROES SPEAK: TAKE HOME MESSAGE

By MATIAS SAARI

We asked our Healthy Heroes, "What is your take-home message?" Below are some of their responses.

To read about what all our Healthy Heroes say about adversity, exercise, values, sportsmanship, nutrition, role models, success and a "take home message," visit <http://alaskasportshall.org/inspire/healthy-heroes/>

Kikkan Randall, Olympic Nordic skier — Always give your best effort in anything you do and no matter what the result you will be satisfied. Medals and trophies are great but those memories fade quickly. How you feel about yourself and knowing you gave it your best will keep you going longer and happier than anything shiny ever will!

David Registe, Long Jump Champion — Don't spend time worrying about other athletes and what they are doing for themselves.

All you have control over is what you do, and how hard you work.

Kris Thorsness, Olympic rower — Being healthy means that I can do just about anything I want to do: go for a long bike ride, climb a mountain, ski all day, play with my nieces and nephew, or dance late into the night. I also have the energy to work in my garden, concentrate on my job, and be there for my friends and family whenever they need me. When my body feels good, I feel good!

Andrew Kurka, Paralympic Skier — In all sports, it's not the goal to ever truly focus on. It isn't the gold medal at the end of the day but the journey to get there. When training like when competing, it isn't the product that matters, it's the process. Focus on all the little things in the process and the product will come.

Allan Spangler, Trail Runner — Have well thought out, realistic goals based on science, planning and your level of

commitment. Then pursue those goals and don't make excuses if you don't achieve them. Instead reflect on why and then plan what you are going to do differently next time.

Libby Riddles, Iditarod Champion — As Alaskans, it is important to remember our past. Our hardiness is a proud part of our heritage, and is something we want to pass on.

Tyler Kornfield, Nordic skier — Don't be afraid to think outside of what everyone else is doing. Always know that something can be done differently and most of the time, better. Without risks, there are no rewards, but there are times when even our best effort leads to failure. The best athletes know when to take risks, how to pick themselves up when they fail, and they are always the hardest workers, even if they do not always appear to be.

Hilary Lindh, Alpine skier — Get out and play every day!

HEALTHY FUTURES ELEMENTARY CHALLENGE UPDATE

By ALYSE LORAN

The Spring Healthy Futures Challenge is underway with 199 schools across the State registered. Four of these schools are new to the Challenge, which runs February through April.

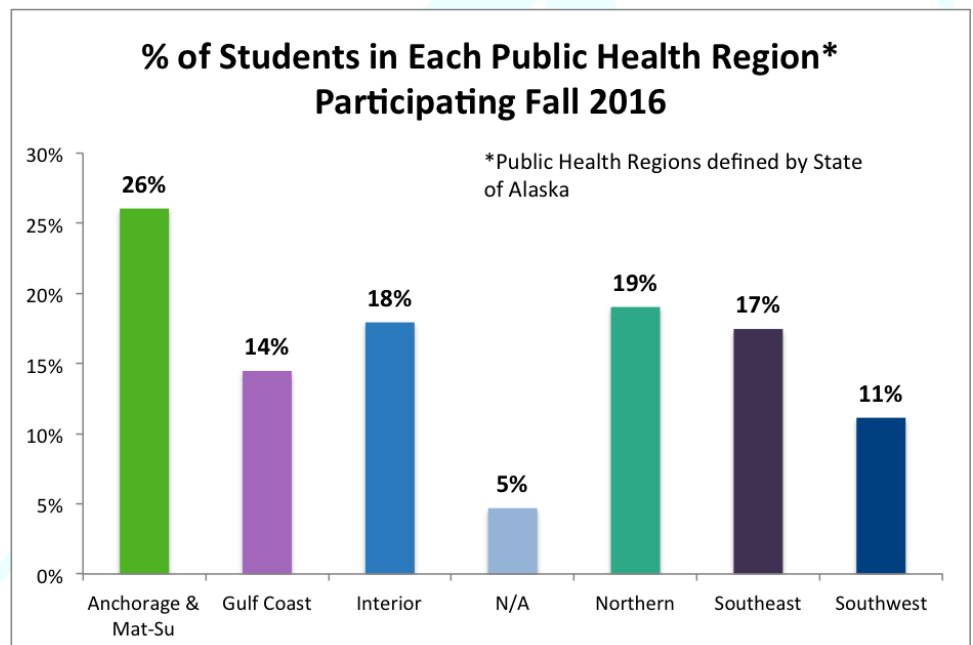
Students complete three logs before the school year ends, and this year they had the opportunity to participate in our second annual Marathon March. Participating students completed a Healthy Futures log with at least 15 days of 60 minutes of activity AND logged 26 miles of running in the month of March! The 341 students who completed Marathon March received a Healthy Futures Marathon March bumper sticker and were entered in a drawing for free shoes from our sponsor Skinny Raven Sports. Congratulations to all of our marathon runners!

Registration for the Fall Healthy Futures Challenge begins at 8am on May 11th. Coordinators may register [here](#) before school lets out to make sure they're included in all of the preparations for the Fall Challenge running September through November 2017.

We are also currently accepting submissions for the Healthy Futures poster contest. Submissions should depict how kids around the state stay

active, and the winner will receive a prize and have their poster reproduced and distributed to schools around the state to promote the 2017-2018 Healthy Futures Challenge. The deadline for submissions is April 30th, and more information can be found [here](#).

Healthy Futures is teaming up with summer day camps again for the second Summer Healthy Futures Challenge. Youth at four Campfire Anchorage Summer Adventure Program sites, 28 Rural Program sites, and Denali Family Services will have the opportunity to complete two-week long activity logs throughout the summer. We're excited to continue to build on this partnership with Campfire and the new partnership with Denali Family Services to keep kids across the state moving throughout the summer!



TWENTY YEARS LATER, LINDH AT PEACE WITH DECISION TO RETIRE FROM SKI RACING IN HER PRIME

BY VAN WILLIAMS

Three-time Olympic alpine skier Hilary Lindh of Juneau recently left her hometown and moved to Whitefish, Montana, where she accepted a job as an environmental specialist with a civil engineering firm. She left behind some of her things in storage, even a piece of her heart.

"It will always be my home no matter where I'm living," she told me.

And no matter what, Lindh will always be remembered as one of Alaska's greatest athletes.

The 2009 Alaska Sports Hall of Fame inductee enjoyed a remarkable career with the U.S. Ski Team that spanned from 1986 to 1997 and included national championships, Olympic medals and world titles. "What kept me going was wanting to be my best and to feel satisfied that I had given and done everything within my power to be my best," she said. "Towards the end, I was just ready to apply myself to something else." Lindh doesn't keep her medals on display, keeping them stored away. However, it doesn't mean she wants to forget her past accomplishments.

"I am proud of my career but it seems like so long ago," Lindh said. "The medals and wins stand out, but also the times when I felt like I was beating my head against a brick wall and making no progress.

"There were a lot of challenges – but to learn from, not forget." Lindh, 47, loved the downhill and dominated skiing's glamour event for the U.S. Ski Team as well as other disciplines such as the slalom and super-G. As a kid, her time was spent on the slopes of Eaglecrest Ski Area in Juneau as her dedication to be a ski racer trumped everything else. As a teenager, her passion turned to obsession and she moved away from home to attend a

ski academy in Utah. "There's nothing I would rather have been doing," she said. At 14, she joined the U.S. Ski Team. A year later, she made her World Cup debut. By 16, she made history as the first American to win the downhill at the World Junior Championships. "It was an awesome way to grow up and learn about myself and the world," Lindh said. "I don't think I missed out on anything, really. I had no interest in being a regular kid."

By the 1990s she was our country's best hope for a medal at international competition in the downhill. Her greatest hits include gold at the 1997 World Championships, silver at the 1992 Olympics and bronze at the 1996 World Championships. "I wish I could have learned the importance of perspective earlier," Lindh said. "It seems like it took me a long time to get from being junior world and national champion to start winning World Cups and World Championships."

Looking back, Lindh wishes she would have enjoyed the process more than focusing so much on the end result. At the same time, though, letting off the gas pedal could have altered her path as a champion. Besides, she said, she wouldn't have listened anyway. "Maybe I could have sought help or guidance from others, but I didn't know that at the time," she said. "I'm not sure how I could have done it differently since I had to learn it on my own."

At 27, Lindh walked away from the sport at the top of her game. She won gold in each of her final two races at the national championships, just one year before an Olympic year. She still doesn't regret retiring in her prime, but she did dream about it for many years after she stopped racing. One dream was actually kind of a nightmare as it featured her showing up to race with no preparation.

"Kind of like a college kid who dreams

about going into final exams not having studied," she said. "I dreamed about showing up to races, not being able to inspect the course and having to race."

Today, she encourages others to dream as a ski coach for the Whitefish Mountain Resort race team. "I still love to ski," Lindh said. "It's a sport I grew up with, where people of all ages are out there with you. It's a social thing, the ski community and a way of life. I hope I'm able to continue skiing a lot my whole life and I hope my daughter feels the same way when she's an adult. I definitely would not have competed so long if I didn't love it."

Van Williams is a staff writer for the Alaska Sports Hall of Fame and the editor of the Alaska Sports Blog.



Lindh at 1997 World Championships



Lindh with silver medal at 1992 Olympics

**Please Join Us To Honor
Alaska Sports Hall of Fame's**

CLASS OF 2017

THURSDAY, APRIL 27 | 7–9 p.m.

Reception and Ceremony
Anchorage Museum Atrium
625 C Street | Parking available in museum parking garage
Free and open to the public

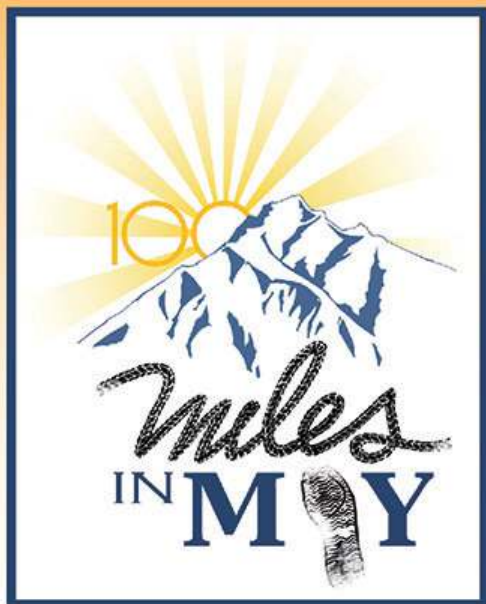
INDUCTEES
Martin Buser | Jeff King | Nicole Johnston

EVENT
Fur Rendezvous Open World Championship
Sled Dog Races

MOMENT
Vern Tejas' Solo Winter Ascent of Denali in 1988

DIRECTORS' AWARDS
Pride of Alaska Awards – Morgan Hooe & David Norris
Joe Floyd Award – Ma'o Tosi
Trajan Langdon Award – Damen Bell-Holter

TAKE THE 100 MILES IN MAY CHALLENGE!



#100MilesInMayAK

- ▶ Help build a culture of health and fitness!
- ▶ Be a role model for Alaska's youth!
- ▶ Participate in a fun team competition!
- ▶ Raise funds for the Healthy Futures program!
- ▶ Win cool prizes!



Register and info at:

healthyfuturesak.org/get_involved/100milesmay/

The 100 Miles in May concept was developed by R&M Consultants, Inc.

Email info@healthyfuturesak.org with questions.

Healthy Futures: FEATURED TEACHER NANCY PERSONS



Name: Nancy Persons

School: Unalakleet Elementary School

Position: Second Grade Classroom Teacher

Years as a Teacher: 22

Years participating in the Healthy Futures Challenge: 3 years

My hero is . . . honestly, my mom. In her quiet way she always

supported every crazy idea I came up with and never said, "No, you cannot do that!" She always said, "Give it a try!" My mother encouraged us all to dream. She trusted and believed in whatever we wanted to achieve.

When I'm not in the classroom you will find me . . . outside on the tundra with my husband and our two dogs skiing or hiking. Inside, I am knitting, reading, or writing; never watching TV as we don't have one!

The craziest place I have ever been is . . . to the end of the world. It is called Ushuaia, on the southern tip of Tierra Del Fuego. My husband and I did a southern hemisphere summer backpacking/bushwhacking trip through some of the roughest country I have ever experienced. It was a three-day trip that

seemed like a week. The weather and physical conditions only got worse as we worked our way over a pass to ramble through thickets, cliffs, and steep, glaciated valleys, endlessly spotted by beaver ponds. Ushuaia is a stunning, remote place that I would love to return to some day with my skis and explore more when it is frozen!

My favorite recreation/fitness activity is . . .

SKIING: skate, classic, and back-country ski touring. When I am not on skis you can find me hiking, biking, paddling, or gardening in the summer.

The most inspirational thing a student has ever said to me is . . . actually, it is not what kids say, but what their faces show when they are on skis: their smiles from ear-to-ear keep me inspired to share my love of skiing with kids!

My favorite strategy for motivating kids to live a healthy lifestyle is . . . to model a healthy, active outdoor life. Kids want to have fun and they need someone to believe in them. "You can do it!" Share your sports passion and encourage young athletes to believe in and push themselves, like my mom believed and encouraged me!

Other thoughts: Always, no matter the weather, enjoy the outside to its fullest! As the wisest of Norwegians say, "The longest mile is to the door. Get out the door!"

OUR SUPPORTERS: THANK YOU!



Alaska Mental Health Trust Authority • Anchorage Running Club • Anchorage School District • Best Storage Coffman Engineers • Cook Inlet Tribal Council • CRW Engineering Group • Diamond General • Enstar • First National Bank of Alaska • KTUU • Pick.Click.Give • Littler PND Engineers, Inc. • Ted Stevens International Airport

Sponsor Highlight



Thanks to our featured sponsor, The Mat-Su Health Foundation! We appreciate your wonderful support!

Alaska Sports Hall of Fame/Healthy Futures

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