

Recipient of the 2006 National Family Week
Cornerstones of Care Outstanding Family Advocate Award

runners in touch

Running towards a better tomorrow for the youth of today

Do you have the first Sunday afternoon of each month available... the desire to be a mentor and role model to children in need... the love of fitness and nutrition to share abundantly with children... the passion to work with a group of amazing people committed to these things?

If you answered "yes" to ALL of these things, then we have a great opportunity for you—Runners in Touch!

mission

To impact the lives of children by sharing our love of fitness and demonstrating that "healthy" can be fun.

vision

To build positive, long-term relationships with underprivileged children in the Greater Kansas City area by supporting and empowering them through various fitness activities, while serving as role models through our own healthy lifestyles.

goals

1. To demonstrate the positive impact of being active to underprivileged, at-risk children ages 3-18.
2. To serve as role models in a safe, nurturing and educational environment.
3. To build long-term, caring relationships with the children.
4. To demonstrate that being active IS fun!

strategies and action plans

GOAL: *To demonstrate the positive impact of being active to underprivileged, at-risk children ages 3-18.*

1. We will exercise regularly, eat healthy foods and generally take care of ourselves, including our family and friends in this endeavor.
2. We will openly discuss our various fitness interests and provide specifics to the children on how this value has positively impacted our lives, while freely answering questions the children have.

GOAL: *To serve as role models in a safe, nurturing and educational environment.*

1. We will show up to the activities we sponsor, energized, positive and inviting to the children.
2. We will share our fitness stories of success and failure and ask them about theirs.

GOAL: *To build long-term, caring relationships with the children.*

1. We will strive to get to know the children individually, and explore means of lifting them up, not dismantling their dreams.
2. We will not be afraid to hear their stories of heartache and victory, and then help them see the lessons in their experiences.

GOAL: *To demonstrate that being active IS FUN!*

1. We will plan and execute a variety of activities, to address the wide range of the children's interests and provide alternatives for all levels of ability.
2. We will laugh and play with the children. We will share our love of the outdoors and implement activities which embrace this love.

what runners in touch needs from you

1. Commitment to attend at least three (3) out of every six (6) Sundays (most important)
2. Must be 17 years of age or older
3. Contribute/Volunteer for other special projects for the boys, such as participation in the Birthday Program and yearly events, as you are able
4. Maintain communication with the Leadership Team as to your availability and interests
5. Bring your interests, talents, heart and sense of humor to every facet of RIT

If you are interested, please send an email to a Leadership Team Member, answering these questions:

1. Why do you want to participate in Runners in Touch?
2. Volunteering your personal time the first Sunday afternoon of each month is a significant commitment. Why are you willing to give this amount of time to children in our community?
3. What aspects of fitness, nutrition and an overall healthy lifestyle do you want to share with the children?
4. Please provide any other thoughts you have *AND your contact information, including email, so we can respond.*

Please send (serious) inquiries to a Leadership Team Member today:

Karl W. Keltner pkkeltner@kc.rr.com
Paula J Keltner paulajkeltner@kc.rr.com

Beth Stoecklein LBSRCM@yahoo.com