



# KEVIN ARMSTRONG, M.D. MEMORIAL SPORTS FOUNDATION (KAMSF)

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## Armstrong Foundation's RunStrong Program: Changing Lives, Setting Records

### KAMSF HIGHLIGHTS

**250** average number of **RunStrong** students registering for 5k/10k races sponsored by KAMSF

**7,800** entry fees paid for **RunStrong** participants to compete in 5k/10k races throughout Orange County since 2010

**2,900** pairs of new running shoes purchased and distributed to qualified participants in **RunStrong** since 2010

**16,000** T-shirts distributed to intermediate school athletes districtwide since 2005

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The 2023-2024 school year has been filled with incredible success for KAMSF's signature program, **RunStrong**. The program is designed to involve, teach, and motivate intermediate school youth; the "in-between" age group. Our runners have shared with us what **RunStrong** means to them. They talk about learning to be disciplined and the importance of physical fitness. They talk about improvement in their running times, setting records and winning medals. They talk about the value of being a part of a community, finding connections, building friendships, and doing better in school. **RunStrong** is an organization full of supporters with KAMSF Board Members and parents volunteering and even joining in to run with the students. **RunStrong** alumni are entering and graduating from college. One of our coaches was a former **RunStrong** participant! Our coaches are not paid. They unselfishly donate their time and work diligently to provide a structured environment for young people to learn how to better



themselves. **RunStrong** is now one of the largest running clubs in Orange



County and because of the program's success, we are invited to join races throughout the area. The **RunStrong** Program continues to develop excellent runners who are winning awards. Twenty years after his untimely passing, Dr. Kevin Armstrong would be proud and flashing a huge smile to see the success of KAMSF in working with underserved youth in Santa Ana.

**Healthy Athletes, Healthy Futures**



## DONATE TO KAMSF

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**Our students and coaches thank you!**

## MILLIE GONZALEZ-FLORES SPEAKS AT THE 2024 OCYSF GALA

The Orange County Youth Sports Foundation (OCYSF), a valued partner and donor, invited a **RunStrong** student to speak at their Annual Gala on January 10, 2024. This year's Gala honored distinguished Olympic Athletes: Janet Evans, April Ross, and Ann Meyers Drysdale. Millie Gonzalez-Flores, an 8th grader from Mendez Fundamental School's **RunStrong** team, confidently delivered a passionate speech and took her seat to thunderous applause. We are so proud of Millie and thankful to OCYSF for the invitation.



## KAMSF'S ANNUAL SHOE DISTRIBUTION

One of the highlights for KAMSF is the annual shoe distribution. Student athletes, coaches, parents, SAUSD administrators, KAMSF Board Members and representatives of the OCYSF, a **RunStrong** principal donor, are invited to attend. Students who participate in **RunStrong** earn the privilege of receiving a pair of new running shoes ... and they love it! During the event, coaches call their excited students by name and highlight their success as they personally hand them a well-deserved pair of shoes. One student was asked how the new shoes felt and he enthusiastically replied, "like I am walking on clouds!" The new shoes allow students to run with confidence and pride. KAMSF is grateful to OCYSF and ASICS for their contributions that make this annual event a success!



## KAMSF'S 14TH ANNUAL GOLF TOURNAMENT



On April 1, 2024, a group of 90 golfers from all over Southern California, including golfers from Nottingham, UK and Fiji, teed off at the picturesque Tustin Ranch Golf Club for KAMSF's largest annual fundraiser. Golfers participate in the Putting Contest and head off in a "Scramble" format. The day includes breakfast, lunch, and a delicious BBQ dinner served during our awards presentation and raffle. Guests hear presentations from **RunStrong** students who share personal experiences about being a part of the program. Important funds are raised that provide race entry fees, running shoes, T-shirts, transportation and healthy snacks for hundreds of Santa Ana intermediate school students. Thank you to all golfers, sponsors, donors, and guests for your generous support!



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

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