

## 2016 Moonlight Walkathon

By Marie Kern, Referral Coordinator

On Saturday, September 17th, FCPHD's Wellness Committee hosted the 2016 Moonlight Walkathon with its goal to support Republic School District's "Growing Lunches from Lunches" program. This program, instituted by science teacher Casey Harris, fits well with the Wellness Committee's purposes to educate, promote, and partner with our community as a whole to 'get healthy'. This program is helping our children learn lifelong lessons regarding the food they can grow to help them get and stay healthy into adulthood.

There were 26 participants who walked the RHS track from 9:00 p.m. till midnight with the full moon finally making an appearance at the midnight hour. Even though it was a bit nippy and the possibility existed for additional rain, they strolled, walked and we even had a 5-year old runner (we're keeping an eye out for this future Olympian!). One anonymous participant put out a challenge that for any walker who walked more than 10 laps, the challenger would make a \$1.00 per lap donation – that challenge netted a \$170.00 donation! There were three walkers who were serious about getting in some steps – Jim Milner won the "stinky shoe" award for most laps at 46 (after 11.5 miles in 3 hours, of course, it's going to be a "stinky shoe" title), Paul Schoenfelder, Chief Nursing Officer, came in second with 42 laps and Neal Martin wasn't far behind at 33 laps. Congratulations to all our walkers – you're

all winners!

While a number of walkers brought their own music, our own Mike Jager and his daughter, Natalie Medina, kept the beat light and moving with their karaoke equipment. Tony Hall, President of the Republic Mat Club, and Bree Hendrickson, Little Guys Wrestling mom, volunteered to prepare the food to energize those who were burning calories. Republic School District's Superintendent Glenewinkel generously waived the fee for use of the field with Chris Burch and Aaron Harris making sure we had lights, sound and electricity. And as an added bonus, the Ferry County View donated their time inserting our flyer into the paper and a full-page public service ad promoting this event.

Dedicated members of the Committee worked for a number of weeks to solicit assistance and donations. Their efforts were rewarded with a wonderful turnout of participants and in-kind and cash donations beyond expectations. Special thanks go to Committee members who went above and beyond – Aaron Edwards, Nina Novikoff, Mike Jager, Lacy Sharbono, Elva Hutton, and Eric Gordon. We are most excited to share that our community's participation and outpouring netted \$1,131.00 that will be presented to the RSD school board at its October 19th meeting. THANK YOU, REPUBLIC – well done!

*Prior Hospital Happenings available at <http://www.fcphd.org/news.html>*

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