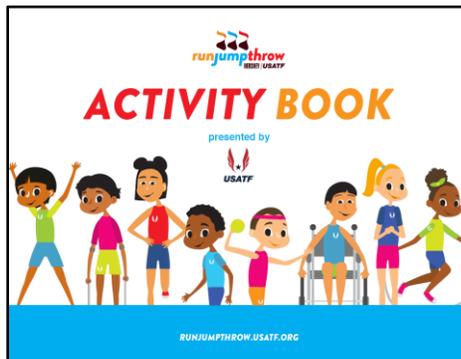


## RunJumpThrow Now Offers Activity Books and T-shirts!



As a **RunJumpThrow** (RJT) organizer, you receive free USATF sanctioning, insurance, posters, certificates of participation and other promotional items for your event. For those who would like additional enhancements, USATF now offers activity books and t-shirts, sold at cost, directly through USATF Vendors.

**RunJumpThrow** activity books are \$6, and RJT t-shirts are \$12 each. To order, please contact USATF Community Programs Coordinator Sterling Littlejohn at [sterling.littlejohn@usatf.org](mailto:sterling.littlejohn@usatf.org) or (317)-713-4691.

## USATF “RunJumpThrow Experience” Summer Highlights

USATF was busy this summer, hosting “**RunJumpThrow** Experience” events throughout the country. USATF celebrated Olympic Day by hosting an RJT at the USATF Outdoor Championships in Des Moines, Iowa. No fewer than 13 Olympians served as volunteers at the event, attended by 120 children. Among the star athletes helping kids get active and learn about Olympic values were 1968 Olympic 800-meter gold medalist **Madeline Manning Mims**; Hall of Famer, world record holder and 400-meter hurdles gold medalist **Kevin Young**; 4x400 relay gold medalist **Mary Wineberg**; two-time Olympic 110-meter hurdles



silver medalist **Terrence Trammell**; 110 hurdles silver medalist **David Payne**; and long jump meter silver medalist **Kathy McMillian**.



Des Moines was just the beginning of an active summer. In July, USATF hosted **RunJumpThrow** at North Carolina A&T University, in conjunction with the 2018 USATF Hershey National Junior Olympic Track & Field Championships. More than 250 children attended the event. USATF later partnered with Christamore House in Indianapolis to sponsor an RJT for underserved children, and capped off summer activations with **RunJumpThrow** as an important part of the Columbus National Urban League Community Family Day at the Greater Columbus Convention Center, where more with 1,000 children interacted with Olympians and alumni.

## About RunJumpThrow

**RunJumpThrow (RJT)** provides children ages 7-12 an opportunity to learn and practice the fundamental skills of all sports through running, jumping, and throwing. The **RunJumpThrow** core plan includes twenty learning stations for Organizers to choose from. These stations include hurdles, relay races, jumping, throwing, and agility activities. Participants are encouraged to apply the new skills they have learned and to celebrate their accomplishments.

It's easy – and free! – to organize a RunJumpThrow in your community! Click [here to learn how](#).



By hosting a **RunJumpThrow**, you will help children gain foundational sports knowledge, increase confidence and motivation, develop teamwork skills, and most important – have fun!

For more information about the RJT program visit [runjumpthrow.usatf.org](http://runjumpthrow.usatf.org).