

# Alberta Doctors' Digest

## Helping kids “Put a shoe on it!”

For the past two years, [Fast Trax Run and Ski Shop](#) – a valued friend(s) of the AMA Youth Run Club sponsor – has been providing the most foundational of in-kind support to the [AMA Youth Run Club](#) with the donation of more than 300 new pairs of running shoes to student members of AMA Youth Run Clubs across the province.

“Fast Trax Run and Ski Shop is an amazing community business and friend of ours,” says Brian Torrance, [Ever Active Schools](#) Director. “We connected with them a couple of years ago in support of the AMA Youth Run Club, and they’ve been a most supportive partner.”



Members of the Goodfish Lake Community AMA Youth Run Club proudly show off their new running shoes, courtesy of Fast Trax Run and Ski Shop and the AMA Youth Run Club. (Photo credit: Lannie Houle)

“The students in our Youth Run Clubs want to run and be physically active,” Brian continues, “and at times, shoes and equipment are a barrier. As testimony to the good spirit of the participants, some have worn sandals and boots, so when Fast Trax offered to donate new running shoes, we jumped at it!” he adds.

After receiving a shipment of athletic footwear from Fast Trax, Ever Active Schools contacts registered AMA Youth Run Clubs to let them know of the availability of the shoes and to request notification of need.

“The greatest interest in the footwear comes from inner-city and rural schools, as well as the participating First Nations School Authorities,” says Brian. “We’ve been there when the children and youth get their new runners, and they can’t wait to get them on and try them out. It’s very rewarding, and we’re so grateful to Fast Trax.”

---

**AMA Youth Run Club sponsors**

*Since it began in 2013, with 4,000 kids and 77 schools, the AMA Youth Run Club has been steadily growing in participant numbers and expanding its program offerings. The impressive growth of this school-based, inclusive health and physical activity initiative would not be possible without the support of generous program sponsors: Alberta Blue Cross (gold); MD Financial Management (silver); and Canadian Tire Jumpstart and Fast Trax Run & Ski Shop (in-kind).*

---

Banner photo: Lannie Houle, a [GO! Run Club Ambassador](#), Indigenous Games athlete, and student athlete at Concordia College, started and manages the Goodfish Lake Youth Run Club. (Photo credit: Lannie Houle)