

Alberta Doctors' Digest

Here comes the spring season!

The AMA Youth Run Club has had a steady winter planning and prepping as we head into our busiest spring season yet! With just over 180 schools registered for the club, we have been working hard to ensure they are set up to host successful events all year long!

In March, we wrapped a grant from the Canadian Parks and Recreation Association which saw us support five Girls Only (GO!) run clubs with an average of 40 participants per club. One club has reached more than 80 girls! The program has been a great success as we are still seeing even more GO! club registrations coming in.

April 21-23 was Ever Active School's annual school health conference and we got to present the importance of gender equity and engaging girls in sport and physical activity at a young age. With over 20 delegates in the room, we saw inspiration and excitement to take the program back to their schools.

In addition to successful GO! Clubs, new this year we introduced the G(SA) Only clubs as a safe space for gender diverse students to participate in physical activity. We currently have 3 GSAs registered for the club!

As previously mentioned, we were planning and preparing for a very busy spring. With restrictions from COVID lifting in school districts, we are able to travel and support fun runs in person! We currently have 17 school fun runs planned across the province, as far north as Manning and Fort McMurray and as far south as Ralston.

The support for these runs varies from in-person to mailing finisher prizes and the start arch. The schools are certainly full of energy for events and beyond excited for the support from the AMA Youth Run Club.

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