

# Local Heroes

## FCNI Honored by Governor's Council on Physical Fitness

The Family Care Network's annual fundraiser for Central Coast foster and high-needs children and families, Miracle Miles for Kids, was selected as the bronze medal winner of the Governor's Council on Physical Fitness and Sports Spotlight Award in the category of "Event of the Year". The award ceremony took place during the official Training Kickoff event at the San Luis Obispo Kennedy Club Fitness Center on January 8th with Assemblyman Sam Blakeslee presenting the prestigious award to the Family Care Network. Central Coast residents involved in the Training Kickoff were preparing for their participation in the 7th annual Miracle Miles for Kids 10K Walk/Run scheduled for April 17th, 2010.

This honor, awarded to only three athletic events each year which are chosen out of hundreds of nominees throughout the state of California, is sponsored by the Anthem Blue Cross Foundation and shines a spotlight on events that employ innovation, inspiration and initiative to positively impact physical activity, fitness levels and the wellbeing of California children and youth. The Miracle Miles for Kids 10K Walk/Run is being honored with the award, selected as not only meeting award criteria, but exceeding it in the event's promotion of kids helping kids. Each year, children served by the Family Care Network run or walk, at no cost, right alongside children who are participating to support their success!

For the third consecutive year, Kennedy Club Fitness is teaming up with the Family Care Network to promote healthy living while supporting those served by the local non-profit organization. Partnership with the local community is vital to the event. In exchange for event sponsorship benefits, Kennedy Club Fitness provides day passes to be used by children served by the Family Care Network. These day passes allow youth to access a state-of-the-art gym year-round, helping them to develop and maintain physical fitness and enhance their emotional wellbeing. Thus, Miracle Miles for Kids promotes the health of California's children at the event and throughout the year.

The Training Kickoff event featured an interview and photo opportunity with excited community members training for Miracle Miles for Kids and Family Care Network staff members as well as Assemblyman Sam Blakeslee. It was an exciting precursor to Miracle Miles for Kids scheduled for April 17th, 2010. This family-friendly race will begin at 8:30am at Morro Rock in Morro Bay with the post race party running from 9:00 am to noon at the Cayucos Vet's Hall parking lot. Last year's event attracted over 2,000 participants, vendors and volunteers—demonstrating the Central Coast community's enthusiasm and commitment to helping local foster and high-needs children and families! The registration fee is \$30 if registered by March 17th, \$45 from March 18th to April 11th, and \$50 on race day and includes lunch, a goody bag, and a t-shirt. To register, visit [www.FCNI.org](http://www.FCNI.org). Join the Family Care Network and Kennedy Club Fitness in encouraging the Central Coast community to "Be fit, be family!"

## Cover Photo:

by Mary Kelting Photography



Valentine artists at Central Coast Montessori School in Morro Bay.

Central Coast Montessori School Director Laurie Holcomb: Art projects in the preschool environment need not be complicated or fussy. Sometimes it is a matter of "less is more," and the results can be very surprising. Remember, don't be afraid of the mess! For information about CCMS, its programs, or the Montessori method, call 772-9317 or visit the school website: [www.centralcoastmontessori.com](http://www.centralcoastmontessori.com).



2009 Miracle Miles race participants.

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Our goal is to support Central Coast families and the resources they need to thrive!

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