

Color Me Green



University of California

Division of Agriculture and
Natural Resources

HOST GUIDE

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Introduction

The Color Me Green 5K Run is a state-wide service learning opportunity specific to the improvement of health. With the support of adult leaders, youth organize and execute a 5K run in their community. In the spirit of "color runs", the theme "Color Me Green" refers to the green powder used to splash runners who complete the run. For areas that cannot do a color run, "Color Me Green" can still be used as a theme for showing support and pride in 4-H in the community. It is our hope that through participation in the Color Me Green 5K Runs both individuals and communities will aspire to improve their health habits.

In 2014, California hosted its first Color Me Green 5K Runs. Originally developed by Purdue University, UC 4-H has hosted over 10 runs each year throughout the state. The Color Me Green 5K Runs seek to not only foster physical activity knowledge and behaviors, but also encourage teens to be advocates for health. The program is structured around positive youth development best practices, providing intensive engagement of teens, children, families, afterschool program staff and other stakeholders to address childhood obesity.

This host guide serves as a resource for teens and adult volunteers looking to host a Color Me Green 5K Run. All host sites are encouraged to offer training schedules, nutritional guides, and goal-setting tips to participants. This guide is designed to help assist hosts in meeting the program objectives of increasing participant knowledge to create behavior change related to physical activity and empowering 4-H teen leaders to address health issues in their community.

The guide is broken up into three sections:

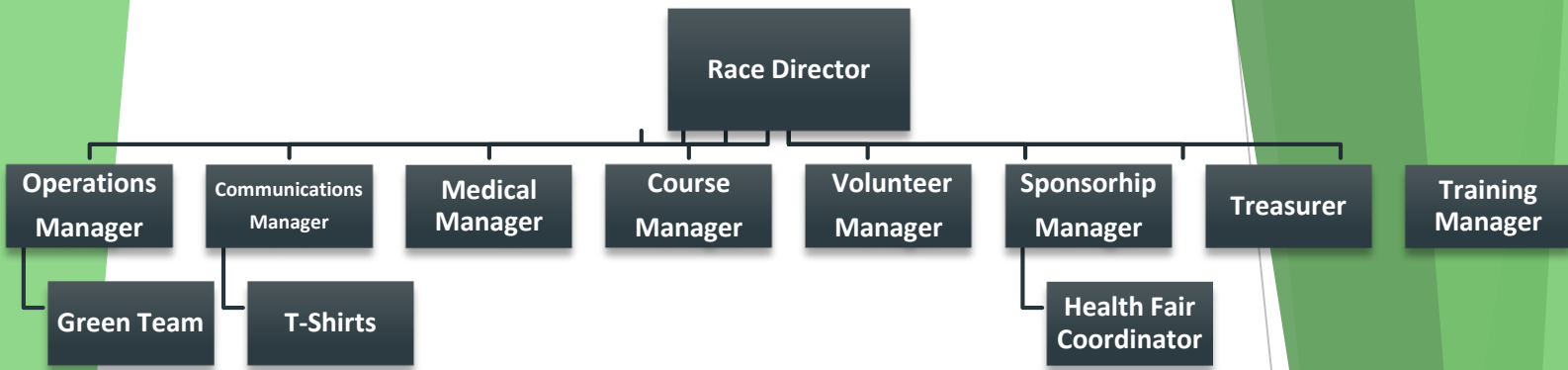
- I. Pre-Race – Activities that need to be done prior to the actual race.**
- II. Race-Day – Activities and logistics of the race day.**
- III. Post-Race – Activities that should be considered after the race has occurred.**

I. Pre-Race

Hosting a Color Me Green 5K Run can be beneficial to your community and 4-H Club, but it can also be a lot of work. Establishing a committee of volunteers will help distribute the workload and ensure that you are best utilizing the skills and interests of individuals available to you. Once you have a committee of volunteers you will be able to determine the details of the run – day, time, location, course, and trainings offered. The following section provides some guidance on the pre-race planning you will need to do.

a. Race Committee

A race committee is a group of volunteers committed to planning, organizing, and executing the Color Me Green 5K Run. It is a good idea to have clear roles and responsibilities for each member of your committee. Volunteers tend to be more successful and enjoy their role when they know what is expected of them and know that they are making a meaningful contribution. Some suggested job descriptions are outlined below. Consider allowing volunteers to select the role that they are most interested in and that utilizes their skill set. For example, a Registered Nurse on your committee may best serve in a role involved with managing the medical needs of the race. Note that it is ideal but not necessary to have one volunteer per each role. Feel free to make adjustments based on the specific needs of your race and the availability of your volunteers.



Race Director

The Race Director provides general oversight to all race operations. As Race Director, you will organize and manage the Race committee that includes recruiting and managing committee members, identifying roles, providing race day support and managing committee meetings. Strong interpersonal and problem solving skills are helpful in this role.

Operations Manager

The Operations Manager will coordinate registration, the start and finish line, the announcer, any refreshments, and work with the County Office to submit 4-H Group Enrollment and waiver forms for all participants. Additionally, the Operations Manager will need to check with city officials to determine if any special permits for your event are needed. Good organizational skills and time management are essential to this position.

Green Team

The responsibilities of Green Team can fall under the Operations Manager, or can be a separate role given to another individual. The Green Team seeks out opportunities to reduce the environmental impact of the race. Ensuring the use of environmentally-friendly materials and providing areas for recycling are some tasks of the Green Team. Individuals should have a passion for environmental preservation.

Communications Manager

The Communications Manager has several components to their job including day-of communication and event marketing. As the Communication Manager, you will make sure that appropriate signage is displayed for race participants and spectators, you will organize a contact sheet with cell numbers and points of contact for all necessary parties, and you will create and distribute any materials needed for race recruitment. Maintaining social media posts and photos before, during, and after the event are the responsibility of the Communications Manager. It might be helpful to designate an additional volunteer to do race-day photography. The Communications Manager should also be in contact with the State Office to relay all important event information (date, time, location, registration, website, etc.)

T-Shirts

Designing, ordering, organizing, and distributing race day T-shirts is a big job. This individual will work closely with the Communications Manager to coordinate the creation and distribution of race T-shirts. You will want to remind participants to wear either their race T-shirts, or old, light-colored clothing the day of the race, so that the colored powder will really show up.

Medical Manager

While not a requirement, it is a good idea to have a medical professional available during the race. Whether or not your race has a medical professional, you will want a Medical Manager – someone that is trained to administer basic First Aid and will be responsible for gathering, storing, and distributing medical services that they are trained to do.

Course Manager

The Course Manager will identify possible locations to hold the race. Once a location has been approved, the Course Manager will map out the best route for the space. In creating the race route, consideration of course difficulty, environmental impact, and accessibility should be considered. The Course Manager will need to mark out the route, identifying where rest stops, color markers, and mile markers need to be located.

Volunteer Manager

Additional volunteers will be needed to execute a successful race. The committee lead for volunteers will recruit additional volunteers, assign tasks, and organize and manage these volunteers. Your race may need volunteers to assist with day-of registration, water/color stops, and general setup and cleanup. A Volunteer Manager excels in working with people, expressing gratitude, providing direction, and giving encouragement.

Sponsorship Manager

While not every Color Me Green 5K Run needs to be a fundraiser, this event does make a great fundraiser. A Sponsorship Manager will seek funding to support operations costs (supplies, shirts, refreshments) to reduce registration fees for participation. If hosting the run as a fundraiser be sure to connect with your county and fill out all required forms and approvals for fundraisers. The Sponsorship Manager should also seek out ways to engage the community. Consider selecting a charity or non-profit organization with similar goals that you could partner with. For example, you could partner with the local food bank and request participants to bring food items to donate to the food bank. If you decide to include a health fair following the race, the Health Fair Coordinator will work closely with the Sponsorship Manager.

Treasurer

The Treasurer provides general financial oversight of the run income, expenses, and sponsorships. The Treasurer will develop the budget, report on income/expense, maintain bookkeeping, and work closely with County Staff in the management of funds.

Training Manager

As a health advocate for your community, the Training Manager will encourage community members to be physically active through pre-run trainings and educational workshops. Try to focus your educational trainings on three main outcomes: increase physical activity, increase water consumption and increase the selection of healthy foods. A CMG Training Guide is included to assist the Training Manager in delivery of educational trainings, however, the Training Manager will need to recruit participants, establish training times and locations, and deliver trainings. If you need additional ideas for nutrition education programming, consider partnering with the EFNEP or UC CalFresh nutrition educator in your county. Many of these educators are in the same building as your 4-H program and it is their job to deliver nutrition education programs to low income populations. If you choose to host your run at a low-income school or community, the EFNEP nutrition educators may be able to help you deliver the nutrition education classes.

Health Fair Coordinator

The Health Fair Coordinator will work closely with the Sponsorship Manager to create a health fair following the race. A health fair is a great way to include community partners and educate the public. As the Coordinator, you will recruit vendors, organize booth setup, and be the point of contact for all vendors.

b. Timeline

Once you have established a committee of volunteers you can determine your event timeline and schedule meeting times. It is recommended that your run take place in the month of March – this will help create publicity around these events; however, due to weather or county events this may not be possible. If another month works better for your county, please schedule your run for an alternate time. Below is a sample timeline for program planning:

6 MONTHS OUT	3 MONTHS OUT	1 MONTH OUT	1 WEEK OUT
Establish Committee and meeting times	Design and print T-Shirt	Confirm volunteers	Confirm Health Fair booths
Establish Budget and financial protocol (per 4-H policy)	Order needed supplies	Establish event map (include parking, start/finish, bathrooms, etc.)	
Secure location/date/time	Set-up and open online registration (through UC surveys ONLY)	Recruit Health Fair vendors	
Obtain needed permits and approval	Recruit additional volunteers as needed		
Create race registration	Create Website/Facebook page.		
Seek sponsors	Make follow-up calls to sponsors		
Distribute press release and promotional materials	Determine Health Fair location		

c. Budget

Your budget may vary depending on if you plan to host your run as a fundraiser or not, but the sample budget in Appendix A will provide you with a good idea of some of the costs associated with conducting the CMG 5K Run. If you are able to secure enough sponsorships or in-kind donations, you may even consider eliminating the registration fee.

d. Volunteers

Volunteers will make your race successful! The Volunteer Coordinator has a huge job, recruiting, organizing, and training the volunteers. You can recruit volunteers from the families of run participants, your 4-H club, local running clubs, sponsors, or friends and community members. In your race registration, you will want to also include a space for volunteers to register as well. Remember that your volunteers should also fill out the waiver, be included in the 4-H Group Enrollment Form, and be provided a T-shirt. The number of volunteers you need really depends on the size of your event. Below are some estimates of how many volunteers you may need and what tasks they can assist with for a 100-200 person race:

Greeters/ Registration / T-shirts	Race Marker	Parking	General Setup	Water/Color Stops	Cleanup
2-3 individuals that welcome participants to the event; provide direction; handle day-of registration; pass out T-shirts	1 individual that is the last person on the course and the last person off the course	1 individual to direct cars to the correct location for parking	2-3 individuals to assist setting up tables, booths, marking the course, identifying the start/finish line, putting up all needed signage	6-8 individuals to be the “cheer leaders” at each mile marker and finish line. This group will provide water and also spray color at designated locations	4-6 individuals to lead the clean-up efforts

e. Course

The Color Me Green 5K Run is meant to be a “fun run,” meaning that most individuals should be able to complete the course either by running or walking. A 5K (5 Kilometer) run is equivalent to 3.1 miles. GPS devices can assist you in determining the distance of your course, however if you choose to “certify” your course you will need to go through USATF’s Road Running Technical Council’s website, www.rrtc.net. This can be a lengthy process and is not required, but will ensure your course is measured with the highest degree of accuracy. Google Maps, MapQuest, and MapMyRun are all acceptable resources to use in designing your course.

When designing your course, you may consider three different types of courses: point-to-point, which starts and ends at different locations; out-and-back, which will take you half the distance out and then the second half back; loop, which have runners run in a continuous loop. The type of course you decide on will be determined greatly by your race site and the amount of space you have available to you. For example, a loop course may better suit a smaller site as opposed to a point-to-point one.

Safety should be the biggest consideration in course design. You will want a course that avoids busy roadways and hazardous situations. You will also want to consider access along the course in case an emergency arises and medical intervention is needed. Finally, consider the view! If your community has natural resources, like a river or meadow, consider including that view along your course. Running can connect your community to enjoyment of both physical activity and the natural environment.

f. Sponsorship

Sponsors can add so much more than just a financial contribution to your run – they add partnerships! Sponsorships can be in the form of providing support funds or in-kind contributions (providing goods, volunteer time, resources). When considering a potential sponsor you will want to identify why this sponsor would be a good fit for your run and consider common goals and clientele. Sponsors will want to know how many participants you expect and what type of exposure you can offer them. Be sure to abide by all UC 4-H policies regarding sponsorship and logo usage. See Ch. 9 VII. Planning and Fundraising and <http://ucanr.edu/sites/anrstaff/files/245215.pdf>. If choosing to host your run as a fundraiser, you may consider designated funds to a specific purposes, like sending youth to various conferences such as, Cal Focus and Washington Focus.

g. Marketing

The success of your CMG run will be reflected in part by how many individuals and families participate. Make sure you promote your run in many venues: your school, farmers market, health fairs, workplace, YMCA, after school programs, on your webpage, through online registration, social media, emails, flyers, and local media. A sample press release and event logo is available on the CMG State website: <http://4h.ucanr.edu/Projects/HealthyLiving/Color Me Green 5K Run/>. Be sure to take lots of pictures and post them to all your social media sites. We suggest using #ColorMeGreen, #ca4H, #HealthyLiving, and #UCANR. There are brochure templates available in English and Spanish in Appendix B.

h. Enrollment and Insurance

UC 4-H Group Enrollment helps provide an accurate picture of program reach and performance for reporting and programmatic purposes. You will want to use the CMG Run registration information to group enroll the participants in 4hOnline that are not already individually enrolled in the 4-H program. Only group enroll those who are not already enrolled in 4-H. Work with county staff to complete the enrollment process.

Under the group enrollment, the delivery mode to use is Afterschool Education.

For youth and adults who attended the run and are already individually enrolled in 4hOnline, you can create a Group into which you would add those members (this is not the same thing as Group Enrollment). This would show up under their participation screen in their enrollment profile. This way you could also track these event participants as well. In the event that you do the run next year, you could do the same thing, you wouldn't need to create a new Group.

<http://4h.ucanr.edu/files/138508.pdf> (p.24) - the user's guide will give you information on how group enrollments are input into 4hOnline.

You will want to make sure that your registration gathers the following information on participants: Gender, Race, Ethnicity, Grade/Age and Residence. These will be required fields for the 4hOnline group enrollment submission. See 2016-2017 Group Enrollment Form

<http://4h.ucanr.edu/files/192475.pdf> - this is how you can simply create a 'Group' in 4hOnline

<http://4h.ucanr.edu/files/192476.pdf> - this is how you can flag individually enrolled members into a 'Group' in 4hOnline.

All participants should fill out the Waiver of Liability, Assumption of Risk, and Indemnity Agreement found on the CMG State website:

<http://4h.ucanr.edu/Projects/HealthyLiving/Color Me Green 5K Run/>

It is the responsibility of the CMG Host to ensure current UC 4-H policies are followed.

i. Safety

Hosting a safe race is a top priority. It is suggested that a medical professional, or at very least someone trained in general First Aid be present for the duration of your run. It's a good idea to do a walkthrough of your course just before opening the starting line to ensure that the course is free of any debris or obstacles. Institute a "no headphones" rule and make sure that water and appropriate aid is available. It is a good idea to check with the local city police to identify any specific requirements in your area. Please review the Clover Safety Notes listed under the "Health and Fitness" section here: <http://safety.ucanr.edu/4-H Resources/Clover Safe Notes by Project Area/>.

j. Registration

Registration can be done either by paper or online. If you choose to setup online registration, then you are required to use the ANR Survey Builder tool, which has been set up as an authorized resource that meets UC's encryption standards and policies. The Survey Builder tool will allow for the run registration information to be collected online and allow for credit card payments to be made and processed through a secure site, approved by ANR. This survey tool can be used to set up the online 5K event registration.

The ANR Survey Builder tool requires a UC Regents account to be set up through your county staff.

A sample registration is available on the CMG State website:

<http://4h.ucanr.edu/Projects/HealthyLiving/Color Me Green 5K Run/>

h. CMG Training Guide

Once you recruit participants, start hosting your pre-run trainings! It is recommended that you do at least one training a month. For example, you may decide to do three trainings – you could host your first training in January, then February, and then the final one in March maybe a week prior to your run. In addition to your training sessions, participants will want to train on their own or preferably with an exercise buddy. In this section you will find recommendations for (1) weekly training and (2) community group trainings, and (3) injury prevention.

1. CMR 5K Weekly Training Guide

Here are a few tips and training examples to help your community members train for the CMG run/walk. Be sure to remind your walkers and runners that all tips and examples found here are recommendations and they should seek professional medical advice for any personal health concerns they may have before participating in a CMG walk/run.

Be sure to sell the versatility of walking and running as an easily accessible mode of exercise with these points. One may walk or run...

- in an old or new pair of shorts and t-shirt.
- inside on a treadmill or outside on trails, at the beach, and on pavement.
- when it's cloudy, windy, sunny, or even raining!

How to get started – tips for all walkers and runners.

Running Shoes

First, make sure your walkers and runners have a good pair of **running shoes** — not cross-training or tennis shoes. If they're using a pair of shoes with a few miles on them, have them check the soles for excessive wearing at heels or toes so they may consider if a new pair of shoes is needed. Having proper running shoes can help avoid unnecessary injuries (see injury prevention section below).

Exercise Buddy

Next, have your walkers and runners find an **exercise buddy** or a small group of exercise partners. The exercise buddy will help with setting and sticking to schedules and goals, keep up motivation, and celebrate the successes! The exercise buddy can be in the same community or some distance away, as long as the exercise buddy's help and encourage each other to stick to set schedules and goals. Have CMG folks choose an exercise buddy who shares a similar commitment to fitness; with whom they feel a sense of responsibility and commitment; who is dependable, positive and encouraging; and that has a motivational style that matches one's needs. With a buddy, one can set exercise dates together or remind the buddy through calls or texts when they are scheduled to exercise

Routine and Goal

Third, help your runners and walkers determine and set a **schedule and a goal** or goals. In terms of a schedule, one can reap fitness rewards with 30 minutes a day, three to five times per week. Training guides for walkers and runners are provided here to help folks set a schedule. Setting a goal(s) is personal and could range from completing the 5K without stopping (either walking or running) to completing the 5K within a certain time limit. But, the important part of the schedule and goal is that these are shared with their exercise buddy and the exercise buddies verbally commit to helping each other stick to their schedule and reach their goal(s).

Now it's time to start the **exercise regime**. Below are several examples of beginner walk to intermediate run 8-week programs. All run and walk programs need to include a warm-up and cool-down, those sections follow the suggested training guides below.

Walking Training Guide - 8-week Plan (adopted from Hal Higdon website)

This guide is for someone who wants to walk the CMG 5K at a pace faster than a stroll. If someone plans to stroll the 5K, be sure to walk at least 15-30 minutes during the month or two before the CMG 5K.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.5 mile walk	30-60 min walk
2	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.75 mile walk	35-60 min walk
3	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2 mile walk	40-60 min walk
4	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2.25 mile walk	45-60 min walk
5	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.5 mile walk	50-60 min walk
6	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.75 mile walk	55-60 min walk
7	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 mile walk	60 min walk
8	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	Rest	CMG 5-K

Beginner Run/Walk Training Guide - 8-week Plan (adopted from Hal Higdon website)

This guide is for someone without major health problems, is in reasonably good shape, and has done at least some jogging or walking. If running 1.5 miles for the first workout in Week 1 is too difficult, begin with the *Walking Training Guide*.

The terms used in the training schedule may be obvious, but here is what is meant by each term.

“Rest” means no vigorous walking or any running. Rest days are as vital as training days as they give the body time to recover.

“Run” means running at a pace that allows comfortable conversation. Don't worry about speed just cover the approximate suggested distance.

“Run/Walk” means run until fatigued then walk until recovered. There's no rule that you have to run continuously.

“Walk” means no running, don't worry about speed. Begin with 30 minutes, add 5 minutes a week until you peak with 60 minutes in Week 7.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	1.5 mile walk/run	Rest	1.5 mile walk/run	Rest	1.5 mile walk/run	30 min walk
2	Rest	1.5 mile walk/run	Rest	1.5 mile walk/run	Rest	1.5 mile walk/run	35 min walk
3	Rest	2 mile walk/run	Rest	1.5 mile walk/run	Rest	2 mile walk/run	40 min walk
4	Rest	2 mile walk/run	Rest	1.5 mile walk/run	Rest	2 mile walk/run	45 min walk
5	Rest	2.5 mile walk/run	Rest	2 mile walk/run	Rest	2.5 mile walk/run	50 min walk
6	Rest	2.5 mile walk/run	Rest	2 mile walk/run	Rest	2.5 mile walk/run	55 min walk
7	Rest	3 mile walk/run	Rest	2 mile walk/run	Rest	3 mile walk/run	60 min walk
8	Rest	3 mile walk/run	Rest	2 mile walk/run	Rest	Rest	CMG 5-K

Intermediate Run Training Guide- 8-week Plan (adopted from Hal Higdon website)

This guide is for someone running four to five times per week, running 13 total miles or more per week, and wants to complete the CMG run within a specific time.

“Run” mean run at an easy pace. Meaning, one should be able to talk with a running partner without getting too out of breath.

“Fast” means fun faster than the other run days. Meaning, one may not be able to talk with a running partner and will likely be out of breath.

“5 X 400” means interval training. Run 400 meters hard, recover by jogging/walking 400 meters and repeat (400 meters is about 1 time around a track). Intervals help improve speed because one trains at a pace faster than race pace. **Important note** - before starting this

workout, warm-up by jogging 1-2 miles, stretching, and doing a few light sprints of 60-100 meters. Cool down afterwards with a short jog.

“Tempo” means a run with an easy beginning, a buildup in the middle to faster pace, then ease back and cruise to the finish (for example: 5-10 minutes easy running, 10-15 minutes faster running, and 5-10 minutes cooling down). One should gauge their own pace and duration of each section but always begin and end with an easy and comfortable pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3 mile run	5 x 400	3 mile run	Rest	3 mile run	5 m run
2	Rest	3 mile run	30 min tempo	3 mile run	Rest	3 mile fast run	5 m run
3	Rest	3 mile run	6 x 400	3 mile run	Rest	4 mile run	6 m run
4	Rest	3 mile run	35 min tempo	3 mile run	Rest	Rest	5-K Test
5	Rest	3 mile run	7 x 400	3 mile run	Rest	4 mile fast run	6 m run
6	Rest	3 mile run	40 min tempo	3 mile run	Rest	5 mile run	7 m run
7	Rest	3 mile run	8 x 400	3 mile run	Rest	5 mile run	7 m run
8	Rest	3 mile run	30 min tempo	2 mile run	Rest	Rest	CMG 5-K

Warm Up and Cool Down

Warming up and cooling down generally involve doing your activity at a slower pace and reduced intensity. Together, they may help reduce muscle soreness, lessen risk of injury, and improve athletic performance.

Warm Up

Warming up just before a walk or run at a comfortable pace and low intensity helps prepare your body for aerobic activity. The warm up gradually raises body temperature, increases heart rate, and increases blood flow and oxygen to muscles. Usually a warm-up includes light cardiovascular exercises combined with stretches.

To warm up for a walk or run, start gently and move toward a faster walk for 5-10 minutes. Slow to faster walking is an ideal low-intensity activity to ease your body from being stationary into workout mode. The walking takes the muscles, tendons, and joints through the range of motion similar to brisk walking/running. Note, the more intense the activity, the longer the warm-up. Perform dynamic stretching activities after the warm-up (see stretching section below).

Cool-Down

Cooling down after a run or walk allows for a gradual recovery of pre-exercise heart rate and blood pressure. Generally, 5-10 minutes from quick to slow jog to walk is a sufficient cool-down. As in the warm-up, the more intense the walk or run the longer the cool-down. Perform static and/or easy dynamic stretches after the cool down.

Stretching

Dynamic stretching after the warm-up but BEFORE exercise helps prepare muscles for the movements they will be required to carry out during the activity. This type of stretching uses controlled leg movements to improve range of motion, loosens up muscles, raises body temperature, and increases heart rate and blood flow.

While doing dynamic stretching remember to maintain good posture: stand tall, like a string is attached to the top of your head gently pulling upward; tighten abdominals by pulling the bellybutton inward and rib cage downward; pull shoulders back and down, and keep arms relaxed.

Here are some suggested dynamic stretches to help prepare one for a walk/run. Do each of these movements for about 20 seconds:



Forward / Backward Arm Swings

Stand straight with feet shoulder wide apart. Swing both arms upward with fingers slightly extended and palms facing down. Continue this swinging up and back for about 20 seconds. DO NOT swing your arms up in front of you higher than your shoulders.



Walking Lunges

Move one foot high knee and forward, an exaggerated step. Plant foot on the ground and continue to move your hips down until your knee is directly above your ankle. Do not move your knee forward of your ankle. Repeat on the other side.



Forward / Backward Leg Swings

Stand with hands on hips. Engage core slightly, flex right foot, and swing right leg front to back. Keep upper body still and eyes forward. Continue for about 10 seconds per leg.



Side - to - Side Leg Swings

Stand tall with arms out to the side (if desired, hold onto a stationary object for balance). With one foot planted on the ground, raise opposite leg and swing it back and forth across the body like a pendulum. Continue for about 10 seconds on each side.



Butt Kicks

Jog in place while bringing each heel up to your butt. Keep your knees pointed towards the ground.



Hip Flexor

Stand with feet hip-width apart. Lunge forward, keeping knee in front of ankle, until you feel the stretch down the back of your thigh and across hips.



Calf Stretch

Stand with feet hip-width apart. Bend left leg and put right foot out in front. Push hips back to feel stretch.



Quadriceps Stretch

Stand with feet hip-width apart. Take one foot behind and hold. Lean forward slightly to feel the stretch down the front of the thigh.



Torso Stretch

Stand facing the back of a chair; place hands on top. Step backward to extend your arms and spine. Relax your head, keep your legs straight, and sink your spine down so your upper body is parallel to the floor. Hold for one minute while taking long, slow breaths—inhale for three counts through your nose, then exhale three counts through your mouth.



Iliotibial Band Stretch

Stand with feet hip-width apart. Cross right foot behind left foot, lift right arm above head and bend slightly to the left. Hold for 20-30 seconds, switch sides and repeat.

2. Three 2-hour sessions that include a nutrition lesson, warm-up, practice run, and cool-down

Community training sessions are a great way to get participants excited, engaged, and prepared for your CMG 5K. Hosting a community training session will require that you secure a location that will accommodate many of your registered race participants. Local parks, community tracks, and bike trails are good meeting locations. Plan each community training session to last about 90-120 minutes.

Sample Session 1 (January)

Welcome and Introductions (10 minutes)

Share why you are hosting a Color Me Green 5K Run and what you hope to gain from this experience. Provide an opportunity for others to share what they hope to gain as well. Encourage participants to form a plan to stay active every day in prep for the run; to incorporate physical activity into their daily routine. Remember to provide nametags.

Nutrition Education – Rethink Your Drink (30minutes)

This lesson will help participants learn about sugar content in some beverages and water as an inexpensive and available source of hydration.

See Appendix D for the Rethink Your Drink lesson ideas.

Warm up/Stretches (10 minutes)

Start with “warm ups” such as marching or jogging in place and arm circles

Then do two or three of the below stretches:

1. Calf stretch
2. Quadriceps Stretch
3. Side Stretch

Run/Jog (30 minutes)

Start with a jog and slowly build up speed.

Make sure you are in a well-lit area, free from obstructions. Parks and schools typically have tracks available for use.

Cool Down (10 minutes)

Slowdown from your run and jog.

Do some stretches (from warmup/stretch section above).

Sample Session 2 (February)

Welcome and Introductions (10 minutes)

Share one way you feel stronger since deciding to train for a 5K. Provide an opportunity for each to share as well. Encourage participants to stick to their plan to stay active every day in prep for the run; to incorporate physical activity into their daily routine. Remember to provide nametags.

Nutrition Education – My Plate (30minutes)

This lesson will help participants learn about healthy meals.

See Appendix D for the MyPlate lesson.

Warm up/Stretches (10 minutes)

Start with “warm ups” such as marching or jogging in place and arm circles

Then do two or three of the below stretches:

1. Forward/backward arm swings
2. Hamstring Stretch
3. Iliotibial Band Stretch

Run/Jog (30 minutes)

Start with a jog and slowly build up speed.

Make sure you are in a well-lit area, free from obstructions. Parks and schools typically have tracks available for use.

Cool Down (10 minutes)

Slowdown from your run and jog.

Do some stretches (from warmup/stretch section above).

Sample Session 3 (March)

Welcome and Introductions (10 minutes)

Share one thing you’ve gain from this experience. Provide an opportunity for others to share what they gained as well. Encourage participants to reflect on their original plan to stay active every day in prep for the run; to incorporate physical activity into their daily routine. Have participants reflect on what was challenging about their fitness goal(s) and in what ways they have achieved their goal or stuck to their plan. Remember to provide nametags.

Nutrition Education – Label Reading (30minutes)

This lesson will help participants learn how to read food labels and what to do with the information.

See Appendix D for the Food Label lesson.

Warm up/Stretches (10 minutes)

Start with “warm ups” such as marching or jogging in place and arm circles

Then do two or three of the below stretches:

1. Calf stretch
2. Hip Flexor
3. Side-to-side Leg Swings

Run/Jog (30 minutes)

Start with a jog and slowly build up speed.

Make sure you are in a well-lit area, free from obstructions. Parks and schools typically have tracks available for use.

Cool Down (10 minutes)

Slowdown from your run and jog.

Do some stretches (from warmup/stretch section above).

3. Injury Prevention

While training for the CMG 5K, it’s important to take steps to avoid injury. The following five tips will help your participants prevent injuries and successfully train for the run:

1. Follow your training guide

It may take a lot of effort and motivation at first, but stay positive! It may also be helpful to set a mini-goal, and when you achieve it, give yourself a reward. For instance, after completing each week successfully, reward yourself with your favorite (preferably healthy) treat. If you feel up to it and have time, consider including other types of workouts. For example, yoga can be used to improve flexibility, and Pilates is great for core strengthening. Changing things up keeps things exciting, helps with muscle fatigue, and can help prevent injuries.

2. Eat healthy and keep yourself hydrated

While you’re training (and even when you’re not!), it’s important to eat well-balanced meals and to keep yourself hydrated. A healthy meal has good portions of fruits and vegetables in addition to grains, protein, and dairy. Make sure to follow this tip so that you won’t become dehydrated and will have enough energy to complete your training. Learn more about healthy eating by visiting [ChooseMyPlate.gov](https://www.choosemyplate.gov), which has various resources and fun games. Towards the end of this guide, the Hydration section highlights the importance of drinking water.

3. Warm up and cool down

Stretching before and after your run/walk is extremely important to help prevent pulling muscles and relieve tension. Refer back to the Warm Up, Cool Down, and Stretching sections to learn how to best prepare for and conclude your run/walk.

4. Wear the right type of running shoes

It's important to wear appropriate shoes when training! A sports or athletic footwear store is a great place to figure out what type of running shoes you should wear based on your foot type.

5. Listen to your body

This is perhaps the most important tip of all. When you start training for the CMG 5K, some mild soreness and muscle fatigue is normal. However, if you feel you need a break from your training plan, take a break. While following your training guide is important, you don't want to overstrain yourself as this may lead to injury. Please note that intense and/or prolonged pain is not normal, and you should contact your doctor as soon as possible if this occurs.

Training Break: Anatomy/Physiology Facts

As a training break, here are some cool facts about the amazing human body relevant to exercising:

1. The human foot and ankle is comprised of 26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments.
2. The rear part of the foot is built for bearing weight, the mid foot absorbs shock and helps with stability when your foot pushes off into the next step, and the fore part of the foot is involved in balance, agility, and proprioception.
3. When running, each foot can receive a force 2.5 to 5 times the body weight.
4. At a quarter of one's height, the femur/thigh bone is the longest bone. Additionally, the femur bone of an 83 kilogram person with US size 11 feet could withstand the weight of 16,000 people simultaneously standing on it
5. 200 muscles are used to take one step.
6. The sartorius is the longest muscle in the human body.
7. Bones, pound for pound, are four times stronger than concrete and can be stronger than some steel. Yet, bones only make up about 14% of a human's total body weight. In contrast, muscle makes up about 40%.
8. During an adrenaline rush, limits that protect tendons and muscles from overexertion are removed. Some people have even lifted boulders or cars off themselves.
9. According to the National Council on Strength and Fitness, the average human can run at the speed of 15 miles per hour for short periods of time.
10. The average person travels about 100,000 miles in a lifetime, and runners travel about 200,000 miles.
11. Lungs comprise a surface area of 70 square meters, which is equivalent to the size of a singles tennis court.
12. In addition to bones and muscles, healthy lungs are important when you are exercising. Amazingly, there are more than 300,000,000 capillaries in your lungs. If stretched out tip to tip, the capillaries would span a distance approximately between Atlanta and Los Angeles.
13. Muscles in the eyes that help with focus move around 100,000 times a day. An equivalent workout for leg muscles would be a walk of 50 miles.
14. An average human drinks about 16,000 gallons of water in a lifetime.

Information used for this section was taken from the following links, and more resources can be found on these websites:

<http://www.runnersedgemt.com/2016/foot-facts-understanding-your-feet-to-prevent-injuries/>

<http://distractify.com/old-school/2014/07/20/amazing-facts-about-the-human-body-1197776387>

<http://www.independent.co.uk/life-style/health-and-families/features/18-facts-you-didnt-know-about-how-amazing-your-body-is-a6725486.html>

<http://odyb.net/medical-science/91-interesting-facts-about-the-anatomy-of-human-bodies/>

<http://info.visiblebody.com/bid/234618/anatomy-and-physiology-five-awesome-facts-you-didn-t-know>

<http://www.rd.com/health/wellness/13-strange-body-facts-exposed/>

Hydration

When you're thirsty, choose water! For the CMG 5K run and physical activities in general, water is particularly important. Hydrating yourself helps your body regulate temperature and promote healthy muscle function. After all, the human body is 60% water by weight, and dehydration can lead to muscle fatigue. So, choose water! Some tips for staying properly hydrated include the following:

- 1. Use a reusable water bottle and keep it in your bag or a convenient spot.** When the weather is hot, consider using a freezer-safe bottle so you can freeze your water overnight to have cool water during the day.
- 2. Add slices of lemon or your favorite fruit to add taste to your water.** Fruit-infused water is particularly refreshing when chilled!
- 3. About two hours before exercising, it is recommended to drink approximately 17 ounces of water.** In addition, drinking water at regular intervals throughout your workout will help your body replenish fluids lost through sweating.
- 4. Incorporate more fruits and vegetables in your meals and snacks.** Along with having vitamins and minerals, fresh produce are an excellent source of water.

For more resources, see the Water for Better Living page on the UCANR 4-H website for an informative video and activities to learn more about hydration (http://4h.ucanr.edu/Projects/HealthyLiving/Water_For_Better_Living/). The CDC and WebMD also have hydration resources at

<https://www.cdc.gov/healthywater/drinking/nutrition/> and

<http://www.webmd.com/diet/features/6-reasons-to-drink-water#1>.

II. Race Day

The day has finally come! After much planning and organizing, race day is here – this section provides a guide of day-of logistics that you will need to consider. From providing adequate signage and directions for parking to setting up a health fair, this section outlines day-of details that you may have forgotten.

a. Race Logistics

1. Start/Finish

The start and finish line of your race should be points of great excitement. Make sure you have large signs that indicate the start and finish of the course. An announcer will want to notify race participants where to stand and when to begin. Oftentimes, a countdown starts the race off. Similarly, at the conclusion of your race, you will want to have a “cheer squad” of volunteers congratulating individuals as they complete the run. A “marker” volunteer should be the last person on and off the course, this will ensure that no one is left behind. A list of day-of supplies is included in Appendix C.

2. Health Fair

Including a health fair following your race can be a great way to provide community education and a post-race celebration. Community health organizations can set up booths that provide health resources, activities, and education. Provide vendors with stations (or tables if possible) in a large room or outside area. You may consider supplying a drawstring bag with 4-H Healthy Living information in it for participants, this bag can also be useful for storing the resources that vendors supply. You may consider inviting the following types of vendors to your health fair:

- California Highway Patrol: Dangers of drunk driving, safe driving skills
- Humane Society: Stress Relief with Puppies, Adoption Program
- Veterinarian: Signs of a healthy pet, How to keep your pets healthy
- Local Vegan Eatery/Bakery/Restaurant: Vegan food samples, Benefits of a vegan food diet
- Local Gluten Free Eatery/Bakery/Restaurant: Gluten-free food samples, Benefits of a gluten-free diet
- University Student Health Center: Resources for current and prospective college students
- Essential Oils: Benefits of using Essential Oils
- Local Department of Health and Human Services: Provide resources about health insurance, healthy eating habits, proper exercise, and access to routine health screenings and vaccinations
- Local Gyms/CrossFit/Zumba: Membership offers, interactive workouts that don't require a lot of space
- Hospital Volunteers: Resources about maintaining your health, volunteer programs, provide blood checks for glucose and cholesterol levels
- 4-H Volunteers with Experience Hosting a Color Me Green Run: How to start your own color run, benefits of hosting a color run, resources for hosting a color run
- Fire Department: Fire safety and prevention tips, desert safety

In addition to vendor displays, you may consider including interactive learning displays. If you do, you will need additional volunteers to manage these displays. Below are some suggestions:

Sugar Shockers Display	My Plate Activity	4-H Thrive Wheel Activity	Managing Stress Chalkboard Display	Smoothie Bike
<p>On one table, sugar cubes are placed in Ziploc bags that are labeled with “x” grams. On an adjacent table, pictures of food items are spread out. A volunteer has the answers to how many grams are in each food item. Participants try guessing which bag of sugar corresponds to each food item.</p>	<p>A large, blank picture of the “My Plate” is printed out and Velcro is attached to each section. Pictures of vegetables, dairy items, etc. have Velcro on the back. Participants use Velcro to match food to its appropriate section. A volunteer has a key, guides choices, and checks their guesses.</p>	<p>With large white sheets of paper, multiple sheets are taped to the floor and a circle is cut out approximately 10 feet in diameter. Six sections are drawn onto the circle and labeled with each of the six C’s. Participants choose a section of the wheel that they feel they’ve had an experience in, and write an activity that fits into a section of the wheel. For example, someone who took care of her grandmother could write her responsibility on a sticky note and place it into the “caring” section of the wheel. Participants are also encouraged to write a goal on a sticky note and place it into the appropriate section. A volunteer assists members if they don’t know which section their goal fits into. At the end of each rotation, the wheel is covered with different colored sticky notes! Peel off and remove before each rotation.</p>	<p>A chalkboard is divided into three sections with these questions included: “What is a reason you experience stress?”, “How do you deal with your stress?”, and “Who can you talk to during a stressful time?”. A volunteer supplies chalk for members to write their responses. This volunteer makes sure to check if responses were appropriate.</p>	<p>Two volunteers manage the Smoothie Bike. One volunteer prepares the ingredients for the blender, such as chopping bananas and adding the ice, yogurt, and frozen berries. The second volunteer manages the line to ride the Smoothie Bike and time each ride.</p>

The following exercise activities can also be included in your health fair:

Stress-Relieving Activities	Meditation, Yoga, and Zumba
<p>Five volunteers are needed to facilitate several stations within one large room</p> <p><i>Crochet Station:</i> Yarn, crochet needles, and table</p> <p><i>Adult Coloring Book Station:</i> Complex coloring sheet print-outs, colored pencils, crayons or markers, and table</p> <p><i>Stress Ball Station:</i> Balloons (not inflated), sand, funnels (cut off top of plastic water bottle), and table. See directions here http://we-made-that.com/balloon-stress-ball-friends/</p> <p><i>Bead Making Station:</i> Beads, string, scissors, and table</p> <p><i>Melted Crayon Art Station:</i> Sharpened crayons, multiple hairdryers, small blank canvas, and two tables minimum. See directions here http://www.instructables.com/id/Melted-Crayon-Art/</p>	<p>Two rooms with two volunteers each are needed to accommodate Meditation and Zumba.</p> <p><i>Meditation:</i> In a large room with desks/tables and chairs, a volunteer leads a guided mediation.</p> <p><i>Zumba:</i> In a large room, two volunteers lead a class for 20 minutes by following this video: https://www.youtube.com/watch?v=uDgbBdS9W54</p> <p>A projector can be connected to a laptop to show the video on a screen.</p> <p><i>Yoga:</i> A volunteer provides a 30-minute yoga session.</p>

In preparation for the health fair, consider this sample timeline:

TWO MONTHS OUT	ONE MONTH OUT	TWO WEEKS OUT	ONE WEEK OUT	EVENT DAY
Scope out and secure location and date for the Health Fair. Fill out facility request if necessary. Create flyer and advertisements. Hang flyers and contact radio stations/newspapers to broadcast event. Order necessary giveaways such as drawstring bags and materials for the Stress-Relieving Activities. Divide your team into one of the three activities: Stress Relieving Activities, Exercise, or Education. Brainstorm vendors/booths and interactive displays.	Contact vendors and supply them with the date, time, and expectation for the event. Encourage them to arrive an hour early to set up and supply resources, handouts, or bring an interactive activity. Work with the Volunteer Coordinator to secure volunteers to help with each of the three activities and explain their assignment to them. Continue to advertise with flyers at schools, gyms, coffee shops, churches, 4-H clubs, markets, etc. Check on orders for the Stress Relieving Activities and the drawstring bags-they should arrive any day now. Find/build a Smoothie Bike to rent/borrow	Call and remind vendors of their commitment. Travel to local 4-H clubs and advertise the All 4-Health Fair, naming a few exciting activities to spark interest. Write and sign thank you cards to distribute to the 4-H volunteers and vendors.	Check to make sure all supplies have been bought. Create posters for each of the rooms and activities. If possible, paint a poster on butcher paper to hang on the day of the All 4-Health Fair to attract more people.	Buy fruit and ice for the Smoothie Bike. Arrive three hours early to set up. Set up posters, tables, chairs, and projection units. Greet vendors and show them to their section of each room. Take plenty of pictures to showcase your event! Thank each vendor and volunteer for their time, energy, and support.

3. Parking

Race day is here and families are arriving – but where are they going? When selecting the race location, you will need to consider how participants, spectators, volunteers, and sponsors will get there. In most cases, individuals will arrive in vehicles. If your race site has a large, open parking lot you're in luck, if not, then you may need to designate a location suitable to accommodate that number of people you expect. You may consider asking a nearby business to use their parking space, or obtain permission to block off space in an open field. Regardless of your solution, it is a good idea to assign a volunteer to help direct individuals into spaces and assure that everyone can easily and safely enter and leave your event.

4. Communications

Communication can occur through the use of two-way radios or cell phones. While it may seem that cell phones are the most convenient way to communicate, remember to check and make sure that all parties have adequate service at the site location. The Communications Manager will need to be onsite with a list of all contacts. It is helpful to have a hierarchy of contacts readily available in case of an emergency. Communication between all committee managers is helpful.

Aside from communicating the race day happenings internally, you will also want to be posting pictures, tweets, and social media posts about the race. Encourage all runners to participate in sharing their race experience through social media sites.

III. Post-Race

The job is not done at the finish line! It is important to make sure your site has been properly cleaned prior to dismissing any cleanup volunteers. Remember, as 4-Hers we want to “make the best better” that means always leaving your race site better than it was before the race. In addition to physically cleaning the site, you will also want to reflect on what worked well and what could be improved for future events. Getting feedback from volunteers, race participants, and sponsors soon after the event will help improve future races.

a. Wrap-Up and Clean-Up

Putting on a run can be exhausting! It is helpful to have a team of people that have no other responsibilities but cleaning up. Dividing the workload will help reduce burnout and create an environment where everyone is still enjoying their contributions to the CMG 5K. Be sure to have all needed supplies for clean-up (extra trash bags, hose, rakes, etc.).

It is also a good idea to schedule a committee meeting a few weeks after the race to get the team’s feedback and celebrate your success. You will find this feedback very valuable for planning future runs – review what went well, what could have been better, and any major issues and how to avoid them in the future. Also, spend some time brainstorming potential new partners and ways to engage the community. You will want to make sure to send out thank you cards to all those that volunteered and contributed to the race.

b. Evaluation

Following the event, you will provide some evaluation data on the success of your event. This may include the number of runners, the media contacts you made, pre/post surveys on those that participated in your workshops – after their participation in the CMG Run did they increase their desire to be physically active, increase their selection of water over sugar sweetened beverages, and increase their desire to eat healthy foods? Including evaluation piece will also help you measure the impact your CMG run had on the families in your community. A paper version of the participant evaluation can be found in Appendix E.

A representative from your county will report on your CMG 5K Run here:

<https://ucanr.edu/survey/survey.cfm?surveynumber=15269>



University of California

Agriculture and Natural Resources

Sample Budget Template: *Color Me Green 5K*

Date	September 1, 2017
County	
4-H Group/Club/Unit Name	
Project Name	Color Me Green 5K Run
Youth Leader's Name	
Adult Coach	

BUDGET	
Income	
Run Registration (\$25 X 50)	\$1,250.00
Total Income:	\$1,250.00
Expenses	
Green color packets	\$100
Participant shirts	\$400
Marketing Materials (flyers, brochures, community presentations, banners)	\$150
Educational Materials (on fitness and nutrition)	\$100
Pre-run trainings (refreshments)	\$50
PA Rental Equipment	\$200
Route markers	\$150
Fees for space rental	\$100
Total Expenses:	\$1,250.00

Color Me Green

LOCATION:

DATE:

TIME:

COST:

REGISTRATION LINK:

FOR MORE INFORMATION:

Join your family, friends, and community members to practice healthy living at the 4-H Color Me Green 5K Run.

Get showered with green dye at every marker you pass. By the end of the run, everyone will be green!



Universidad de California
Agricultura y Recursos Naturales

Color Me Green

LUGAR:

FECHA:

HORA;

COSTO:

ENLACE PARA INSCRIBIRSE:

PARA MÁS INFORMACIÓN:

Únase a la familia, amigos y miembros de la comunidad y diviértase mientras practica una vida saludable en la carrera de 5 Km Píntame de Verde que organiza 4-H.

Nosotros nos encargaremos de animarlo con una lluvia de pintura verde en cada marca que rebase. ¡Al final de la carrera todos lucirán verdes!

Supplies Needed:

Water Station Set-Up (3)

Water
Pitchers
Color Packets (bulk colored cornstarch can be purchased at a cheaper rate, but you'll need containers to hold it – condiment bottles work well)
Signs
Plain Cups
Table
Trash Bag
First Aid Kit
Tape

General

Connection Cords
Power Strip
Extension Cord
Table
Tent
Tent Shield
Chairs
Scratch Paper

Parking Set-Up

Flags
Vests
Signs
Sign Holders
"Event Parking" Signs
"Event-in-Progress" Signs

Course Marking

Delineators
Cones
All Signage
Mile Markers
2-way Radios
Flour
Flags
Barricades

Check-In and Regular Set-Up

Banner(s)
Administration Box

- Cash Box (3) (Change, Extra Pens)
- Clip Boards

Registration Folder
EZ-Up's
Registration Tent Signs
Run Numbers
Sharpie
Day-of Registration Forms
Pens
Waiver
Check In Folder
Check In Tent Signs
Check In List
Pens
Highlighter
Waiver
Waiver Sign Sheet
Scratch Paper
Stop Watches

Goody Bag Set-Up

T-shirts
Goody bags
Bars
Flyers
Table
Tents

Other

Paper towels
Trash bags
Mega phone(s)
PA System
iPod
Extension Cord

Appendix D

Nutrition Lessons

Rethink Your Drink Lessons

1. What's In Your Drink (California Department of Public Health)
 - a. Lesson
<https://www.cdph.ca.gov/programs/cpns/Documents/RYD-HSLessons-Lesson1.pdf>
 - a. Activity: How Much Sugar
<https://www.cdph.ca.gov/programs/cpns/Documents/RYD-L1B1-HowMuchSugar.pdf>
<https://www.cdph.ca.gov/programs/cpns/Documents/CalculatingSugar-EN.pdf>
1. Be Sugar Savvy (Northcoast Region Network for a Healthy California)
 - a. Lesson
<http://www.sfgov3.org/ftp/uploadedfiles/shapeupsf/projects/UpdatedSugarSavvy.pdf>

MyPlate Lesson

1. Healthy Eating for an Active Lifestyle (USDA)
 - a. Handouts
<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet25HealthyEatingActiveLifestyle.pdf>
[http://www.ousd.org/cms/lib07/CA01001176/Centricity/Domain/117/Eating to Win 6-12.pdf](http://www.ousd.org/cms/lib07/CA01001176/Centricity/Domain/117/Eating_to_Win_6-12.pdf)

Reading Labels

1. Label Logic (University of Wisconsin – Extension)
 - a. Lesson
http://www.uwex.edu/ces/flp/documents/label_logic_lesson.final.pdf

Appendix E Evaluation

University of California 4-H Youth Development Program 4-H Teen Leader Evaluation

This evaluation is being conducted by the 4-H program. This evaluation will help us learn more about this program. The survey is voluntary; you can stop at any time; you don't have to answer any questions you don't want to answer. If you have any questions, please contact Anne Iaccopucci, 4-H Healthy Living Coordinator at amiaccopucci@ucanr.edu.

Please select one option per question →	Strongly Disagree	Disagree	Agree	Strongly Agree
Section I: Engagement and Understanding				
Because of my participation in planning a Color Me Green 5K Run... (strongly agree; agree; disagree; strongly disagree)				
1. I can make a difference in my community through community service				
2. I can apply knowledge in ways that solve "real life" health problems through community service				
3. I gained skills through serving my community that will help me in the future				
4. I want to model health to others				
5. I acted as a mentor to others				
6. I am more confident in helping others				
7. I am more confident in myself overall				
8. I am encouraged to volunteer more				
9. I plan to work on projects to better health in my community				
10. I feel like I can promote health in my community				

Section II: Leadership	Before Hosting				After Hosting			
	No Ability	Some	Good	Excellent	No Ability	Some	Good	Excellent
I can work as a team member								
I can speak before a group								
I can plan programs								
I can teach others								

University of California 4-H Youth Development Program Community Participant Evaluation

This evaluation is being conducted by the 4-H program. This evaluation will help us learn more about this program. The survey is voluntary; you can stop at any time; you don't have to answer any questions you don't want to answer. If you have any questions, please contact Anne Iaccopucci, 4-H Healthy Living Coordinator at amiaccopucci@ucanr.edu.

1. This was my first 5K.	YES	NO	
Please select one option per question →	Definitely not	Maybe	Definitely
2. Since completing the Color Me Green 5K, I will seek out other new ways to be physically active.			
3. Because of my participation in the Color Me Green 5K Run, I now want to spend more of my time being physically active.			
4. I enjoyed being physically active during the Color Me Green 5K Run/Walk.			
5. Because of my participation in the Color Me Green 5K Run, I learned something new about the UC 4-H Positive Youth Development Program.			

References

Hal Higdon: Training

<http://www.halhighdon.com/training/>

Kuzma, Cindy (2016). 5 Exercises to Help You Recover From Your Run. Runner's World.

<http://www.runnersworld.com/the-body-shop/5-exercises-to-help-you-recover-from-your-run>

Mayo Clinic: Healthy Lifestyle - Fitness

<http://www.mayoclinic.org/healthy-lifestyle/fitness/basics/fitness-basics/hlv-20049447>

Stewart, P. Road Runners Club of America (2016). *Organizing Running Events*. Road Race Management.

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