



# RUN FOR THE ROLLS

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Fiscal Agent: Run for the Rolls

**Total amount granted from 5HF:  
\$2000**

**Total expenses paid with 5HF funds\*:  
\$2000**

\* If full amount of the grant was not necessary to provide the approved services, a check from the fiscal agent must be enclosed for any unused funds over \$100-Please make check payable to 5 Healthy Towns Foundation- Include a Final Expense Report

**Intervention start date:  
August 26, 2017**

**Intervention end date:  
August 26, 2017**

**Date funding received:  
July 2017**

**Element:  
Move More  
Connect with others**

## Key Evaluation Data

Please record and include the key evaluation data collected for this intervention

Units of Engagement (no units of engagement for infrastructure)

- Number of participants (204)
- Time each participant worked on or spent at each event (1)
- Number of classes/events held (1)
- $204 \times 1 \times 1 = 204$  U of E

*Note – if this is an infrastructure intervention, units of engagement may not be applicable*

Other measures may include, but are not limited to:

- 157 Participants from the 5 Healthy Towns
- Number of surveys collected : =72 from online registrations. 70 pre registered and race day registrations.

For each goal provide the following information:

## Goal 1: Increase the number of Participants in Run for the Rolls Race to 250

Did the intervention meet specific goals listed on the intervention table?	We maintained the same number as last year, but did not increase to our goal. The 1 milers was at 175, but 5K held at 29. There were more schools that participated in the 6 School Challenge due to more marketing through the Connect Magazine. USATF Certification of both the 5K and 1 Miler in July.
State what you tried to accomplish	To increase the number of the 5K participants.
How did you measure progress towards the goal?	Through registration forms and online registrations.
Was the goal attainable?	A later start for a 5K, which is usually a morning race and a new local race that morning made it unattainable.
Describe how the goal was relevant to the coalition and community wellness related needs	Run for the Rolls engages participants of all ages and abilities. With the low family registration fees, whole families, even generational families can participate. Local families and even families visiting in the area.

For each goal provide the following information: \* exclude depending on # of goals

## Goal 2: 11 Years of Addressing Health and Wellness in the Community

<p>Did the intervention meet specific goals listed on the intervention table?</p>	<p>Yes. The RFTR race encourage people to Move More. In 2007 running a mile or walking seem unattainable for most. Since 2013 we have recorded children as young 3 years old running a mile with their families.</p>
<p>State what you tried to accomplish</p>	<p>To encourage and engage individuals and families to be physically active of all abilities.</p>
<p>How did you measure progress towards the goal?</p>	<p>Registration forms and Scoring of the race.</p>
<p>Was the goal attainable?</p>	<p>Yes. Since 2007, numbers have more than doubled in the 1 mile race. The ages of the children have lowered to finish a mile from 7 years old to 2 years old. The age of Seniors running is increasing. The walk portion of the race was dismissed due to lack of participation and the numbers of the run increasing. The race day shirt sizes of the residents of St. Louis Center are shrinking.</p>
<p>Describe how the goal was relevant to the coalition and community wellness related needs</p>	<p>By engaging families and individual of all abilities to Move More and to Connect with other through physical healthy activities.</p>

For each goal provide the following information: \* exclude depending on # of goals

Goal 3: xxx	
Did the intervention meet specific goals listed on the intervention table?	Please comment
State what you tried to accomplish	Please comment
How did you measure progress towards the goal?	Please comment
Was the goal attainable?	Please comment
Describe how the goal was relevant to the coalition and community wellness related needs	Please comment

# Year X Intervention Evaluation Report: XX Wellness Coalition

For each goal provide the following information: \* exclude or add slides depending on # of goals

## Goal 4: xxx

Did the intervention meet specific goals listed on the intervention table?

Please comment

State what you tried to accomplish

Please comment

How did you measure progress towards the goal?

Please comment

Was the goal attainable?

Please comment

Describe how the goal was relevant to the coalition and community wellness related needs

Please comment

## Overall were there any major accomplishments?.

### Yes

- More participants from the 6 Healthy Town School Challenge.
- 157 participants out of 204 were from the 5 Healthy Towns.
- 57 runners participated in the 6 school Challenge. All 6 schools were represented.

# Setbacks

Were there any setback encountered during the implementation of this intervention?

No

**If yes, please describe setbacks and how they were addressed below:**

Setbacks or issues identified	How they were addressed
No setbacks	

How will you improve or avoid these issues in the future?

- XXX



# Media



Please include an itemized expense report (not budget) that demonstrates how the grant funds were used

- Please insert a table of your final expense report. Table should be broken into 3 section:
  - Expenses- 7978.63
  - Revenue-\$8440.
  - In-kind -\$2200.
- Funded by 5HF with \* Race Day and Volunteer shirts \$2109. added into expenses.

## **End of Coalition Presentation**

Please complete information for the entire slide deck (slides 1-18). The slide deck will be used as your intervention evaluation report for the 5 Healthy Towns Foundation. Please use your intervention table as a reference when completing the slide deck.

**For the September 7<sup>th</sup> meeting you will only present to the coalition on slides 1-11\***

\*Note: You do not need to complete slide 2 if this was the first year you implemented your intervention using 5HF funds. Slides 4-7 will also vary depending on the number of goals you had for your intervention.

# Intervention Information

## Brief Intervention Description

- I. To increase the portion of the 5 Healthy Town Communities members, who are somewhat adequately physically active and able to maintain a healthy body weight. In turn this will lead to improved health throughout the communities.
- II. Run for the Rolls is a annual 1 mile and 5K road race that offers people of all abilities their first professionally timed race. In 2014 a training program was introduced to help people of all abilities to help their goal of finishing the race. The training program is no longer meeting, but the program can be printed from our website [runfortherolls.org](http://runfortherolls.org). Proceeds from the 2014, 2015, 2016, 2017 have been awarded to St. Louis Center “Fitness for Life Program. St. Louis Center has also been the beneficiary of the School Challenge 2014, 2015, 2016, and 2017.
- III. Non runners to Elite runners, whether sedentary or active. Families or individuals of various abilities, ages 1-100.

## Please include the key evaluation data collected for this intervention

- The data collected for the intervention was from a survey that the participants had to complete when they registered for the race and from the timing results of the races.
- Again we had 204 participants of the races. 29 in the 5K and 175 in the 1 miler. Most of the 5K runners were new which leads me to believe that they registered because of a USTAF course.
- (1 miler) 22 families, 157 participants are from 5HT, 57 signed up for the 6 school Challenge.
- 2-3yr. 1 miler 16:00 winner (girls)
- 2-4yr. 1 miler 10:49 (girls)
- 3-5yr. 1 miler 9:22 (boys)
- The participants stated that they heard about the event from online advertising or by friends and family.

# Collaborations

Did your intervention involve collaboration with any other organizations

Yes

Rotary Club of Chelsea- Volunteer Group

St. Joseph Mercy Chelsea Hospital

~~Silver Maples~~

Western Washtenaw Democratic –Volunteer Group

Please comment on the value of the collaboration

The Rotary Club of Chelsea and the WWD are volunteer groups that helped to secure the race courses.

Silver Maples residents have a water table for the participants on the 5K course.

St. Joseph Mercy Chelsea Hospital grounds is part of the 5K course.

# Collaborations

Will the collaboration continue if the intervention continues?

- **Yes, with like minded business and groups**

Are there additional collaborators you could work with in the future?

- **Run for the Rolls has been approached to collaborate with running businesses in Ann Arbor.**
- **Run for the Rolls is also collaborating with the other 5 Healthy Town race Directors.**

# Fiscal Agent

- Please provide feedback from the fiscal agent organization (if different from your organization)
- \* exclude this slide if the fiscal agent is your organization



# Sustainability

- Does your intervention have a sustainability plan?
  - Yes
- What steps are being taken to ensure sustainability of the intervention beyond 5HF funding?
  - Having the 1 mile and the 5K course USATF Certified.
  - Collaborating with running businesses.
  - Collaborating with runners and their races in the 5 Healthy Towns.