

TOUGHSTUFF

THE OFFICIAL NEWSLETTER OF TX TOUGH
VOL. 1, NO. 2 • FEBRUARY 6, 2009



TX TOUGH
RUN. SWIM. BIKE.

\$320K RAISED FOR CHILDREN'S!

More kids will have a better chance at good health **BY TONY FAY**

That was the feeling on Jan. 15 when TX TOUGH Team Captain's and participants attended the Check Presentation and 2009 Kick-off event hosted by Children's Medical Center. In its first year, TX TOUGH raised more than \$320,000, which just included the Bike Stage this past September. Team captains representing 105 teams were

each able to present a check to Children's Medical Center CEO Chris Duravich for 100% of the money they raised in 2008.

"It was humbling and an evening I will always remember because I have never had the privilege of being a part of something like this before" said Geoff Godsey, Executive Director, TX TOUGH. "We had a check prepared for each team in the amount they raised. They had the opportunity to present that check to be designated to the program, service or clinic they selected and know that the money they may have asked friends, co-workers, or family to give in support of their effort is going directly to where they said it would and will help kids and families they will



BIG NIGHT: Donations from groups like Team Avery, shown with Duravich, helped TX Tough to achieve its overall goal.



FEEL GOOD: The captains of the team known as the "Benchwarmers" meet with Children's CEO Chris Duravich.



never meet...that is what made it powerful and that is what TX TOUGH is all about!"

There were hugs, there were tears, and there were even awards presented to teams who went above and beyond to help make TX TOUGH a success in its first year.

2008 TOP 10 FUNDRAISING TEAMS

Name of the Team	Team Captain(s)	Total Amount Raised	Designated Program, Service or Clinic
#1 - Benchwarmers	Laura Chavoya, Katie Walters, Jenny Williams	\$28,636.42	Neurosurgery
#2 - Plano Pacesetters (PBA)/(PACC)	Steve Marino, Rudy Andrea	\$25,853.55	Children's Medical Center @ Legacy
#3 - Team PKU	David Pearson, Sara Pearson	\$17,715.00	Metabolic Disease
#4 - Children's Medical Center	Dan Chapman, George Farr	\$16,156.00	General Donations
#5 - Texas Irish	John Kinzer	\$14,822.03	Neuro-oncology
#6 - Team Peterie Dish	Chris Peterie	\$12,362.00	Pediatric Pulmonary Disease Research
#7 - The Grigios	Nathan Walter, Carter Tolleson	\$12,080.00	Emergency and First Care
#8 - The Studio/Kid Kraft	James Davis, Todd Harmon	\$10,058.00	Endocrinology Center: Juvenile Diabetes
#9 - Team Avery	Paul Akeman, Angie Akeman	\$9,463.42	Gastroenterology
#10 - Penson Financial Services	Angela Menefee, Josh Pittman, Matt Pittman, Michael Frazier	\$8,346.58	Child Abuse and Neglect (REACH)

2008 Overall Largest Team: The Studio / KidKraft 55 Total Members
2008 Highest Average Fund-raising Team: Benchwarmers - \$3,442.05 per team member
2008 Most Cumulative Mileage: Team PKU - Average 55 miles per rider for Total = 1,045 miles
2008 Overall Largest Fund-raising Team: Benchwarmers - \$28,636.42
2008 Most Inspirational Team: Texas Tough Riders





TOUGHSTUFF

TXTOUGH.ORG

REGISTRATION IS NOW OPEN FOR NORTH TEXAS' PREMIER SPRING RUNNING EVENT

Online sign up for TX Tough's inaugural run stage begins and participants can choose to compete for a \$25,000 prize purse while raising money for Children's Medical Center **BY ERIC LINDBERG, DFW RUNS**



TX TOUGH
ULTRA RELAY

It's just two months until the gun sounds starting the inaugural TX Tough Ultra-Relay & 5K Fun Run. For those still unaware, the run takes place Sunday, March 29 at 8 AM at the Cotton Bowl in Fair Park. The event will boast a 50K (31 mile) Ultra-Relay and a 3-mile fun run. The relay legs are mixed distances (3-10K's / 4-5K's) beginning with a 5K and ALL the relay exchanges will take place on the field inside the historic Cotton Bowl. Relay teams can be comprised of 4-7 runners, allowing members the option to run or walk more than one leg of the relay for their team. A \$25,000 prize purse will be up for grabs and awarded across the Top 20 finishing teams for those interested in competing for cash. All of this begs the question, how and where does one sign up? The answer is easy...go to txtough.org and click on "Register Now" located on the right side of the home page or **CLICK HERE**.

When you begin registration, you will be prompted to login or create an Active.com user account if you have never registered for an event using Active.com in the past. Those interested in running in the Ultra-Relay will select one of two options (as illustrated):

- OPTION #1 - Create a Relay Team
- OPTION #2 - Join an existing Relay Team

If you are the first person to register for the Ultra Relay among the individuals who are going to be on your individual relay team, you need to create and name your relay team. If someone on your team has already registered and created your individual relay team, you will select Option #2 - Join an existing Relay Team and select your team name from the list. ****PLEASE NOTE**** creating or joining an indi-

vidual relay team has nothing to do with the Fund-raising team you are on or creating. You will create or join your fund-raising team once you have completed registration for the Run Stage, or any of the other stages associated with TX TOUGH. Those planning to run or walk the 3-mile (5K) Fun Run, simply select the "5K Fun Run" option. Once you have completed registration, you will then be provided an e-mail confirmation that includes a link to setup your individual fund-raising page. This is a valuable tool to coordinate your fundraising efforts. Each participant is pledging to raise \$300 by November 15th, 2009 regardless of how many stages of TX TOUGH you register for. 100% of the money you raise will go to Children's Medical Center of Dallas and the program, service or clinic you designate. For more information about fund-raising and tips on how to be a successful fund-raiser visit txtough.org.

START STRONG, FINISH STRONG

Making a commitment to a healthy lifestyle

BY TYLER COOPER, MD, MPH, CEO OF COOPER AEROBICS



I'm often asked what it was like growing up as the son of the "father of aerobics." After all, my dad, Kenneth Cooper, MD, MPH, started the jogging craze after releasing his first book, *Aerobics*, in 1968. My earliest memories are of my family running together. Our Sunday afternoons centered around a 3-mile run. For a while, I was in last place, but as I grew older and stronger, I eventually passed my dad. At the time, I was proud of my accomplishment. Looking back, I realize I learned important lessons to living a healthy lifestyle: Dedication and Determination.

Now, nearly 40 years later, we co-authored our first book together, *Start Strong, Finish Strong*, about how the fitness journey is truly a lifelong endeavor. It can start at any age and any level. And it can lead you into a healthy, ripe, old age.

It's amazing how many fad diets and workout regimens have taken the place of an honest commitment to healthy living. There is no "quick fix" to sustained health and fitness. It is a process that requires discipline and commitment.

Numerous studies have proven that "After thirty, the unattended human body begins to fall apart." Side effects of the aging process include most notably:

- loss of bone mass
- decline in aerobic capability
- lower energy
- impaired functions—eye sight, back pain
- weakened immune system
- loss of mental functioning
- shorter life

Normal wear and tear on the human body can be reversed through simple adjustments to daily life. Make health a habit—simply change one thing at a time. There is no need to overhaul your entire life or let the thought of healthful living consume or overwhelm you. Small steps lead to big gains. Take the stairs, eat an extra helping of vegetables, go for an annual checkup, get more sleep. It all counts. And ridding yourself of a single un-healthy habit is as effective as starting a new one, such as cutting out one bad food addiction or stop smoking.

TX TOUGH is great avenue to start making your health a priority. It is for all fitness levels and an easy way to get involved and get moving. Grab a friend or co-worker, join a team and get started! Training for the individual stages is easy, they have something for everyone and it can help keep you motivated and active all year round.

While today you may be pulling up the rear, with discipline and determination, one day you just might be leading the pack... or more importantly, leading a healthy lifestyle. *Start Strong, Finish Strong* is available at The Coop Pro Shop inside Cooper Fitness Centers in Dallas and McKinney or online at cooperaerobics.com.

