The AMA Youth Run Club is a free, flexible, and fun program designed to increase physical activity in children and youth by providing schools and champions with the needed resources and supports to run programs in their own settings. 2020/21 marks the 8th year of the program and the partnership between Ever Active Schools and the Alberta Medical Association. The purpose of the project is to increase physical activity in children and youth by providing schools and champions with the needed resources and supports to run a successful run club. This was achieved through the development and implementation of new resources and continued support. This year, given the challenges observed with COVID-19 210 schools committed to the program and we had 9,500 students participating!

AMA YRC Directly Supports these priority populations:

- Girls and Women: 30.9%
- Low-income Youth: 19.9%
- Indigenous Youth: 17.4%
- Youth with Disabilities: 9.7%
- 2SLGBTQIA+ Youth: 8.5%
- Newcomer Youth: 13.6%

How useful was the AMA Youth Run Club in increasing your capacity to meet the needs of priority populations?

77.6%

How useful was the AMA Youth Run Club in increasing your capacity to support well-being in programs/schools?

86.8%
**RUN CLUB BY THE NUMBERS**

- 210 AMA Youth Run Clubs
- 9,450 children and youth participants
- 12 GO! Run Clubs
- 185 Elementary Run Clubs
- 25 Junior High/High Schools
- 10 Indigenous Schools
- 2 Virtual Fun Runs with over 9,552 participants!
- 2 grant opportunities supporting 30 clubs across the province!

**COACH REPORTED SUCCESSES**

- "Getting non-competitive children and students with disabilities to participate."
- "The predominant cultural makeup of my school is South-East Asian. Girls are not typically nurtured to pursue sports and running. Seeing the girls gain confidence in themselves, and in their skills and abilities made this a huge success."
- "Finding a way to run our AMA youth Run Club within pandemic guidelines and during our shift to online learning in May. Looking at how we delivered the AMA Youth Run Club differently this year with a focus on student self-directed running at recess times and utilizing an online format for tracking days devoted to running was successful and will be carried over to future years."
- "Participation of students who may not 'make' other athletic teams and this year, discovering ways to train together as a group while following COVID restrictions."
- "Getting my online students out and active. Some of them have become so motivated, they run on their own!"

"This year we ran it with our Grade 6s in the fall. All students participated in a run. It was amazing to see the variety of kids out running! Some were going their absolute hardest while others were jogging with friends. It emphasized how running can be an activity for all abilities and served as a reminder for myself that being competitive isn't always the ultimate goal."  
- Run Club Coach

**COACH FEEDBACK**

- 91% of coaches reported that the Youth Run Club helped them become more familiar and comfortable with how to advance well-being in your program or school community.
- 91% of coaches reported that the AMA Youth Run Club increased their skills and abilities to support priority populations.
- 100% of coaches reported benefiting from participating in the AMA Youth Run Club
- 100% of coaches reported that the AMA Youth Run Club helped to engage students that have not been traditionally physically active
- 96% of coaches agreed that implementing the AMA Youth Run Club lead to positive changes in student behavior

"We got our whole school community involved in the run, students, staff, and even families (because we ended up running during online school!) It was a great way to build community."  
- Run Club Coach