

# Chelsea Friends and Family Wellness Coalition | Plan Year 7

<b>NAME OF THE INTERVENTION</b>	Run for the Rolls
<b>5HF Element to Impact: Eat Better, Move More, Connect with Others in Healthy Ways, Avoid Unhealthy Substances (select minimum of 1)</b>	Move More and Connect with Others
<b>Fiscal Agent</b>	Run For the Rolls
<b>Tax I.D</b>	27-1461771
<b>Implementation Contacts (2 or more required)</b>	Cindy Burdette
<b>Contact phones and emails</b>	C-734-546-7567 triveline@hotmail.com, runfortherolls@hotmail.com
<b>Date Funding Required</b>	July 2018
<b>Implementation Date</b>	8-25-2018
<b>Estimated Completion Date</b>	8-25-2018
<b>Total Amount Requested from 5HF</b>	\$2,000

Criteria	Descriptions
<p><b>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</b>  <i>Typically one paragraph (3-5 sentences)</i>  <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Run for the Rolls a 1 mile and 5K race to the Chelsea Fair. Saturday August 25th 2018. RFTR 1 mile, 5K race reaches all level of ages and abilities. With the 1 miler being an entry level to racing. Through the race we aim to improve participants' physical and mental health and improve chronic disease risk.</p>
<p><b>2. How does this intervention address the needs identified by your community and the coalition?</b>  <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators.</i></p>	<p>2015 HIP data shows that only 50% of adults got the recommended 150 of physical activity per week in Chelsea/Dexter. 58% of adults had BMIs of over 25 classifying them as overweight/obese. Also, 1 out of 3 high schoolers do not meet the recommendations for physical activity. The race encourages people to move and engage in healthy habits. Different races allow for people of all ages and abilities to participate. For some the race may be an opportunity to maintain or improve their already active lifestyle. For others it can be a launching pad to becoming physical active.</p>
<p><b>3. What are the specific goals for the intervention?</b>  <i>Specific goals: For each goal address these 5 points so</i></p>	<p>Goal 1). Increase the number of participants in the Run for the Rolls to 250. In 2017 RFTR held its numbers at 204 as was also the case in 2016. With new marketing efforts in</p>

<p><i>that the goals are SMART goals</i></p> <ul style="list-style-type: none"> <li>• <i>State what you are trying to accomplish,</i></li> <li>• <i>How you will measure progress toward and accomplishment of your goal</i></li> <li>• <i>Who is responsible for collecting the data?</i></li> <li>• <i>Why you think the goal is attainable</i></li> <li>• <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i></li> <li>• <i>What is the timeframe for achieving the goal?</i></li> <li>• <i>See <a href="http://www.wikihow.com/Set-SMART-Goals">http://www.wikihow.com/Set-SMART-Goals</a></i></li> </ul>	<p>the 5H Towns and surrounding areas, we are very positive our numbers should increase from previous years. We are now also participating in a 6 School Challenge which encourages students from all 5 Healthy Towns to participate.</p> <p>Measure number of participants ( including each 5H Town)* Cindy Burdette*</p> <p>Based on past years participation and new efforts to encourage participation from the members of the 5H communities and the USATF Certified courses for the 1 mile and 5K, we know this event will continue to attract more participates.</p> <p>Increased participation means more people getting out to be physically active moving more and connecting with others happily.</p> <p>Race is August 25th 2018</p>
<p><b>4. What key data will be collected, analyzed, and used to evaluate the intervention?</b></p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> <li>• <i>Units of Engagement</i></li> </ul> <p><i>Might also include survey data, and other measures such as number of participants, pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Number of registrations (Ages, demographics, families, 5H Towns), Survey collected from Registration forms, Units of engagement</p>
<p><b>5. What are the estimated Units of Engagement for the intervention?</b></p> <p><i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i></p> <p><i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>250 participants X1 hour participating in the race X 1 event= 250 units of engagements.</p>
<p><b>6. Who (specifically) will be responsible for what</b></p>	<p>Cindy Burdette will coordinate the race.</p>

<p><b>aspects of intervention implementation?</b>  <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> <li>● <i>Obtaining all required permits and permissions and all other communication required</i></li> <li>● <i>Deciding on dates, times, locations</i></li> <li>● <i>Marketing – both developing and distributing marketing materials</i></li> <li>● <i>Recruiting necessary volunteers</i></li> <li>● <i>Developing tools to collect data and pictures</i></li> <li>● <i>Analyzing data collected</i></li> <li>● <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i></li> <li>● <i>Preparing and presenting presentations and reports</i></li> <li>● <i>All other specific tasks for this intervention to be successful.</i></li> </ul>	<ul style="list-style-type: none"> <li>* Obtain permission from the City of Chelsea.</li> <li>*Contact Chelsea Police to provide security for the race.</li> <li>* Contact Silver Maples for permission to use grounds, water table for participants.</li> <li>* Contact St. Joseph Mercy Chelsea Hospital for use of grounds</li> <li>* Contact St. Louis Center for participants</li> <li>* Mark the course route day of.</li> <li>* Attend coalition meetings and /or provide Ashley Tomasi with materials to bring to meetings to spread awareness of the race and encourage participation.</li> <li>*Reach out to other 5H organizers to spread awareness of the race through monthly Run Summit meetings.</li> <li>* Cindy and volunteers will be responsible for distributing marketing materials and social media.</li> <li>* Volunteers will be responsible for monitoring the course during the race and will be in charge of the registration table ( Friday and Saturday)</li> <li>* Aberdeen Bike &amp; Outdoors will provide their space for Friday’s pre-registration.</li> <li>* Craig Common will supply certificates for the Common Grill Rolls to the winners of only the 1 mile race.</li> </ul>
<p><b>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</b>  <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn’t been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>City of Chelsea, City of Chelsea Police, St. Joseph Mercy Chelsea Hospital, Silver Maples</p>
<p><b>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability).</b>  <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>St. Louis Center- provide participants          Silver Maples- Grounds, water tables, volunteers          Chelsea Police – Security          City of Chelsea- Permission for race and permit.          RFTR anticipates the following to continue to be sponsored for the 2018 races:          American 1 Credit Union          Roberts Paint&amp; Body          Chelsea Chiropractic          Chelsea Wellness Center          Common Grill          Thompsons Pizza</p>

	<p>Lehman Scheffler Realtors                  St. Joseph Mercy Chelsea Hospital                  Green Leaf Pediatrics                  Farm Bureau Insurance                  Chelsea Milling                  Zou Zou's                  State Farm Insurance                  Aberdeen Bike &amp; Outdoors                  Chelsea Rotary Club</p>
<p><b>9. If this is a continuing intervention:</b>                  A. How many years has this intervention been funded by the coalition?                  B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to 5HF?  <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to 5HF?</i>                  C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).                  D. Has the amount requested from the coalition increased or decreased? Why?                  E. How many more years will this intervention request funds from the coalition?</p>	<p>The Coalition has funded RFTR race for 6 years. 2018 will be the 7th year.                  Yes, the outcomes were presented to the coalition in September and a report has been submitted to the Foundation.                  For 2018, RFTR would like to have a like- minded individual to kick off the races that would be very motivational to the participants and our mission statement. Reach out to other 5H race organizers through the Run Summit to market the race and learn more about other races in the 5H communities. The Summit is working on doing a 5H race series to help spread awareness about runs taking place throughout the 5H Towns and encourage participation. Cindy Burdette is a member of the Grass Lake road runners and will also work to spread awareness through that group. The feature in the 5H magazine, course certification and 6 school challenge has also been helpful in spreading awareness. Danielle Matusik has taken a new job and is no longer involved in the coordination.                  The amount requested is the same as year 6.                  We are continuing to seek additional sponsorship, but anticipate we will continue requesting funds.</p>
<p><b>10. Does your intervention have a sustainability plan?</b>  <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i></p>	<p>Every year RFTR seeks more sponsorship to help sustain the races. Getting more participants in the 5K will help in that endeavor. If RFTR is not granted funding, the race cannot exist for the 2018 year.</p>
<p><b>11. Provide citation(s) of similar programs used as a model in developing this intervention.</b></p>	<p>The success of previous years of the races can be used as a model. RFTR is now in its 12th year.</p>

~ INSERT A BUDGET which shows all expenses, revenue and in-kind contributions\*. Please also indicate which expenses will be covered by the funds from the 5 Healthy Towns Foundation.

\* Note: Examples of in-kind contributions include volunteer hours, use of space, items, etc.

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<b>ANTICIPATED EXPENSES</b>	<b>2018</b>
Timing	\$ 950.00
Race Shirts	\$ 2,300.00 *
Awards	\$ 800.00
Event Insurance	\$ 400.00
W.A.V.E	\$ 432.00
Miscellaneous	\$ 120.00
Porta Johns	\$ 300.00
Signage-Banners	\$ 250.00
Mailing/ Marketing	\$ 400.00
Food	\$ 60.00
School Challenge	\$ 500.00
Bulldog Challenge	\$ 200.00
Thank You's	\$ 60.00
Towels	\$ 75.00
Gas	\$ 60.00
U-Haul	\$ 60.00
<b>General Operation</b>	
Chamber	\$ 100.00
Website	\$ 70.00
BOD Insurance	\$ 480.00
Charitable Donation	\$ 500.00
Article of Incorporation	\$ 25.00
Race Director Honorarium	\$ 350.00
Accounting	\$ 100.00
<b>TOTAL</b>	<b>\$ 8,592.00</b>

In-Kind around \$2,200 in donated prizes, supplies, and volunteer time

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	<b>\$2,000</b>	<b>23%</b>
Total funds from other sources	<b>Around \$6,592 anticipated</b>	<b>77%</b>
Marketing/Advertising	<b>\$650</b>	<b>8%</b>
Compensation – to one or more people	<b>\$350</b>	<b>4%</b>
Infrastructure (structure that lasts 5 years or more)		
Other expenses	<b>\$7,592</b>	<b>88%</b>

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to 5HF
Year 1	<b><u>\$3,000</u></b>	<b><u>\$3,000</u></b>		
Year 2	<b><u>\$1,500</u></b>	<b><u>\$1,500</u></b>		
Year 3	<b><u>\$1,301</u></b>	<b><u>\$1,301</u></b>		
Year 4	<b><u>\$2,000</u></b>	<b><u>\$2,000</u></b>		
Year 5	<b><u>\$2,000</u></b>	<b><u>\$2,000</u></b>		
Year 6	<b><u>\$2,000</u></b>	<b><u>\$2,000</u></b>		