



Olympic runner
Suzy Favor Hamilton

City/Region
Olympians
urge Boyceville
kids to stay
healthy. **1B.**



Weather

Sunny, warm

Today **78** Tonight **43**

Details, **Page 8C.**

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The games of life

Two state Olympians pass along healthful tips to Boyceville kids



Staff photos by Steve Kinderman

Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton greeted Boyceville elementary and middle school students Tuesday. Their visit was sponsored by the state Department of Public Instruction's Movin' and Munchin' program, designed to encourage kids to exercise and eat healthy. For more photos of the Olympians' visit to Boyceville, go to leadertelegramphotos.com.

By Pamela Powers
Menomonie News Bureau
BOYCEVILLE — Exercise and nutrition can be fun, at least if two Olympic athletes are leading the way.

With some running, dancing and games, Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton encouraged Boyceville elementary and middle school students Tuesday to eat right and move their bodies.

The duo came to the school to promote the Movin' and Munchin' program administered by the state Department of Public Instruction and sponsored by the Wisconsin Education Association Trust, which provides insurance to many Wisconsin public school employees.

FitzRandolph, 35, a three-time Olympic speedskater and 2002 gold medalist in

the 500 meters at Salt Lake City, said he and Favor Hamilton are trying to make a difference in children's lives.

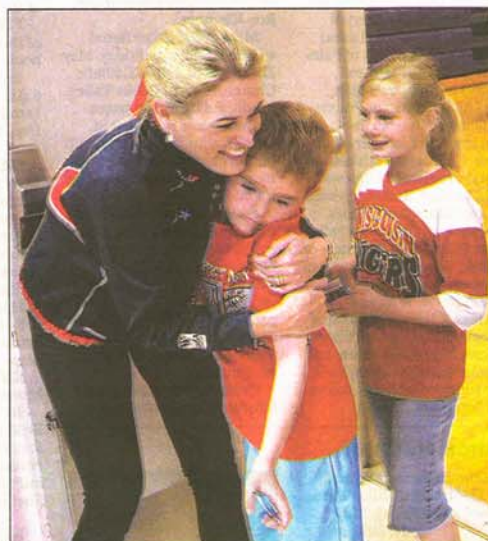
"The best perk the platform has allowed me to do is to share messages like this," FitzRandolph said.

"It's not about the Olympics and gold medals. It's not about counting every single calorie. It's about moving and healthy eating."

Hamilton, 41, a three-time Olympian and holder of seven U.S. running championships, said she and FitzRandolph want to encourage students to believe in themselves.

"I want every kid to feel special," she said, noting that is why during the

See **OLYMPIANS**, Page 2B



Olympic runner Hamilton hugged a student near the end of the program Tuesday. "The whole message is about making a healthy, happy life," she said.

Olympians/Schools tout healthy eating focus

from Page 1B

program she tries to shake every child's hand. "The whole message is about making a healthy, happy life."

The Boyceville school district was chosen as a Movin' and Munchin' participant because of the school's commitment to nutrition and exercise. A total of 219 state schools participated in Movin' and Munchin' this year, said WEA Trust spokesman Steve Lyons.

As Hamilton and FitzRandolph ran into the Boyceville High School gymnasium, students chanted "USA, USA."

FitzRandolph told students he grew up in Verona, near Madison, and started speedskating when he was in kindergarten.

"We want you to have healthy goals and dreams," he told the students. "It's all about healthy eating and healthy lifestyles."

Hamilton, a Stevens Point native, told students she started running when she was in fifth grade.

"The reason I liked running was how it made me

feel," she told the students. "Exercise makes you feel happy."

Tiffany Creek School principal Nick Kaiser said the visit from Olympians offered students a tremendous educational opportunity.

"The Boyceville school district makes exercise, healthy eating and making the right choices a priority in our educational system," Kaiser said. "It's something we want them to continue, not only during the school year, but throughout life."

Sixth-grader Marki Lagerstrom, 12, said she especially enjoyed watching teachers exercise by dancing, and she learned a simple lesson along the way.

"I learned if you eat healthy, you can stay healthy," she said.

Fellow sixth-grader Wyatt Swenson, 12, said meeting Favor Hamilton and FitzRandolph was an inspiring experience.

"I liked that they talked about you can accomplish anything and don't give up on your dreams," he said.

Powers can be reached at 715-556-9018 or pamela.powers@ecpc.com.