KEVIN ARMSTRONG, M.D. MEMORIAL SPORTS FOUNDATION (KAMSF)

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Armstrong Foundation's RunStrong Program: Changing Lives, Setting Records

KAMSF HIGHLIGHTS

260 average number of **RunStrong** students registering for 5k/10k races sponsored by KAMSF

9,000 entry fees paid for **RunStrong** participants to compete in 5k/10k races throughout Orange County since 2010

3,500 pairs of new running shoes purchased and distributed to qualified participants in **RunStrong** since 2010

17,000 T-shirts distributed to intermediate school athletes districtwide since 2005

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In the 20 years since the passing of Dr. Kevin Armstrong, the Kevin Armstrong MD Memorial Sports Foundation, named in his honor, is "running strong!" The Foundation's signature program, **RunStrong**, is currently serving 5 intermediate schools in the Santa Ana Unified School District (SAUSD): McFadden, Mendez, Carr, Lathrop, and MacArthur. Our students rise early in the morning (before school starts) for workouts. They stay focused, improve attendance and grades, and use their free time productively. Our heroes are our volunteer coaches. They generously donate hours of their time training, mentoring, and chaperoning students at events. Many have served for over 10 years! **RunStrong** parents volunteer to help at races and even join in to run with the youth! They can be found creating fun, festive pop-up experiences for Halloween and Thanksgiving with food and decorations, adding another layer to the **RunStrong** experience. The Foundation has created a community serving the families in Santa Ana that continues to grow. The presence of our runners at races is highly noticeable and impactful! When our yellow school buses show up and over 250 runners pile out in their **RunStrong** shirts and ASICS shoes, their energy is palpable. We have become one of the largest youth running clubs in Orange County and **RunStrong** has given rise to some of the top high school runners in the SAUSD. The Kevin Armstrong MD Memorial Sports Foundation – creating opportunities for underserved students to reach their potential academically and athletically.

Healthy Athletes, Healthy Futures

DONATE TO KAMSF

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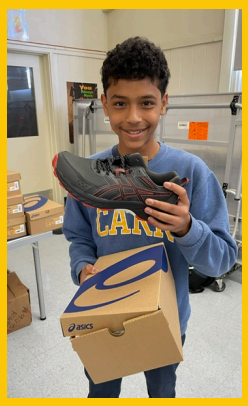
Our students and coaches thank you!

RUNSTRONG PARTICIPATES IN THE 77TH ANNUAL MT SAC CROSS COUNTRY INVITATIONAL

RunStrong participated in the prestigious Mt. SAC Cross-Country Invitational - the world's largest cross country invitational - on October 24, 2025. Runners showcased their talent on this notoriously challenging course alongside runners from intermediate schools from all across Southern California. **RunStrong** participants notably placed among the top finishers, with several achieving their personal best. Parents attended to provide support and encouragement. Congratulations to all who participated in the Mt. SAC Cross-Country Invitational and for continuing to challenge yourself to excel at any level!

KAMSF'S ANNUAL SHOE DISTRIBUTION

One of the highlights for KAMSF is the annual shoe distribution supported by the Orange County Youth Sports Foundation (OCYSF). Students who participate in **RunStrong** earn the privilege of receiving a new pair of shoes...and they love it! Since 2018, the OCYSF has generously provided grants to purchase hundreds of pairs of new ASICS running shoes and their board members are on hand to congratulate students and hand out the new shoes! One student was asked how the new shoes felt and he enthusiastically replied "like I am walking on clouds!" The new shoes allow students to run with confidence and pride. KAMSF is grateful to OCYSF and ASICS for their contributions toward making this event a success year after year!



KAMSF'S 15TH ANNUAL GOLF TOURNAMENT

On April 7, 2025, golfers from across Southern California, teed off at the picturesque Tustin Ranch Golf Club for KAMSF's largest annual fundraiser. Golfers participated in a Putting Contest before heading off in a "Scramble" format. The day included breakfast, lunch, and a delicious BBQ dinner served during an awards presentation and opportunity drawing. Guest speakers include **RunStrong** students who share their experiences being part of the program. Funds raised are used to provide race entry fees, T-shirts, healthy snacks, and bus transportation to and from running events. Thank you to all golfers, donors, sponsors, volunteers, and guests for your continued support!

The Kevin Armstrong, M.D. Memorial Sports Foundation is a non-profit, 501(c)3.

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