

TRANSFORM^{now} Scholarship Program

It all started in 2007 when I decided to transform my life by making a choosing to live a healthy lifestyle. The fast food and most of the junk was replaced with lots o' whole grains (yum), fruits, veggies, and quite a bit of jogging. No more excuses about crazy coaching and Dr. Ed. schedules. No more excuses about feeling old, tired, or both. One thing led to the next and I quickly was training for the Park City Marathon in August of 2007. Crazy? No. Midlife crisis? Sure, why not?! In less than six months with no official "diet" (lifestyle change!), I was able to shed 50 pounds and felt great. It was very hard work, but the benefits of disciplined habits and good health were worth every ounce of effort. As the pounds came off and I prepared for the 26.2 mile beast, it became my desire to share the love with others and give something back to a school that has been so good to me. So, with support of friends and Principal Steve Park, I created the **TRANSFORM^{now} Scholarship Program**.

Win-Win-Win

The idea was simple. Recruit a small army of RHS supporters to improve their own health while creating a scholarship fund for future Silverwolves. The scholarship will be open to all Riverton High students. Recipients will have made a significant, positive health transformation in their life. Once funded, the scholarships will be awarded annually to a deserving student(s). It truly is a win-win-win program that helps the individual participant, the participant's family and friends, and future Silverwolf scholarship winners.

The Goal

We are going to raise a minimum of \$20,000 to begin the fund. All money raised goes directly to the JEF or Jordan Education Foundation -- (www.jordaneducationfoundation.org). This arm of the Jordan School District is an established 501(c)3 organization. It manages the money and will

distribute the scholarship funds in future. Currently, nearly \$3,000 has been raised with 3 participants and one group event: myself (Park City Marathon '07),

Kathy Bye (RHS teacher – St. George Marathon '07), and Greg Peterson (Silverwolf supporter - Oceanside Half Ironman '08), & about 80 folks at The Relay in May @ RHS ('08).

How do I get involved?

Individual participants select any endurance event from a 5 or 10K walk or Fun Run; to a half/full marathon; or any distance triathlon or cycle ride. Once your event is chosen and you have set your own goals, you simply solicit pledges from friends, family, and/or businesses. This will motivate you to train well so that you will be prepared for your race and can experience the exhilaration that accompanies finishing these wonderful events. It matters not if you raise \$20 or \$2,000. One of my sincere hopes for the program is that *many* walkers, joggers, swimmers, runners, bikers and *wannabes* will join the **TRANSFORM^{now}** team. This could be infectious in a healthy way! The time to transform yourself is *now*. Your goals and dreams of a healthier you are within reach and your family and future Silverwolves will be blessed for your efforts! Let's roll!

-Coach Steve Galley
Riverton High School

A Simple Process

1) Contact Coach Galley and select an event 2) Train & collect pledges--printable pledge sheet on the website 3) Finish your race 3) Submit pledge sheet/money to the Jordan Education Foundation. 4) Fit into those old jeans and sport your free **TRANSFORM^{now}** t-shirt!

For more info, future participants/events and other features, please check out the **TRANSFORM^{now}** page at Riverton Basketball's official website.

www.rivertonbasketball.com

YOU can do it!



*Are you ready
for a positive change?*

*Need help with your
2009 resolutions?*

*Looking to help
yourself and others?*

The time is NOW ...