



## KILOMETER KIDS



Olympian Terrence Trammell leads youth participants on their first run.

Matt Montgomery

## Partnering with Juvenile Justice to 'Beat the Streets'

Commissioner Avery D. Niles and Atlanta Track Club are partnering to launch an innovative exercise program designed to introduce running to disadvantaged youth. The Georgia Department of Juvenile Justice (DJJ) and Atlanta Track Club are jointly hosting a "Beat the Streets" program at the Metro Regional Youth Detention Center (Metro RYDC) in southwest DeKalb County. A successful kickoff event was held Dec. 17 at Metro RYDC.

Beat the Streets is a free, 11-week incentive-based running program modeled after Atlanta Track Club's successful Kilometer Kids healthy exercise initiative. Atlanta Track Club specifically tailored the running program for DJJ youth housed at the Metro RYDC. Enrolled youth will accept the challenge to try to run 26.2 miles, the length of a marathon, over the course of the program.

**Georgia Department of Juvenile Justice Assistant Commissioner Mark Sexton (far left) and Deputy Commissioner Sarah Draper (third from right) present Atlanta Track Club staff and Terrence Trammell with the 2014 Excellence in Service Award.**

To keep them motivated, the youth will have a chance to earn incentive prizes along the way.

"Working with Atlanta Track Club to create the Beat the Streets program for our youth is a worthwhile community collaboration," Niles says. "Exercise programs like this help instill personal discipline and an appreciation for individual achievement and accomplishment. The running skills learned during Beat the Streets can have a long-term health benefit and lasting positive influence of life decisions."

Atlanta Track Club launched Kilometer Kids in 2007 with a focus on inspiring Atlanta youth to achieve health



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and fitness through a fun and supportive running program. It was designed to empower children with the knowledge they need to make smart lifestyles choices. The program has grown significantly from small beginnings in 2007 and now impacts more than 6,000 children each year in the Atlanta region and beyond.

“We are proud to partner with the Department of Juvenile Justice for the Beat the Streets program,” says Atlanta Track

Club Executive Director Rich Kenah. “At Atlanta Track Club, we see running as a transformational tool that provides individuals the skills and support to develop healthy lifelong habits in all aspects of one’s life. We are committed to a healthy and active Atlanta and to providing the community our support to help reach these goals.”

Terrence Trammell, a Decatur native and two-time Olympic silver medalist, was in attendance at the kick-off event, inspiring the youth there by speaking to them about where their effort and dedication to healthy habits and fitness can take them in life. He also conducted a few basic exercises with Atlanta Track Club staff and DJJ participants. Trammell won silver medals in the 110-meter hurdles at both the 2000 and 2004 Summer Olympics, as well as two gold and three silver medals at Indoor Association of Athletics Federation World Championship events from 2001 to 2006.

Due to Atlanta Track Club and Mizuno USA’s partnership, Beat the Streets participants will also receive footwear and technical running shirts while participating in the program. There will be upcoming opportunities to volunteer and mentor DJJ youth within Metro RYDC. If you would like more information about volunteering with Beat the Streets, please contact Kilometer Kids Coordinator Todd Liscomb at [tliscomb@atlantatrackclub.org](mailto:tliscomb@atlantatrackclub.org).

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Terrence Trammell addresses youth participants.

## Become an Atlanta Track Club Volunteer!

Each year over 17,000 volunteers help us create an active and healthy Atlanta.

To apply email [volunteers@atlantatrackclub.org](mailto:volunteers@atlantatrackclub.org)

