



**Arizona Interscholastic Association**  
7007 N. 18<sup>th</sup> St; Phoenix, AZ 85020  
602-385-3810; fax: 602-385-3779

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## NEWS RELEASE

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# World Championships Track & Field Medalist Kara Goucher to be keynote Speaker at 2008 Girls in Sport Symposium

PHOENIX (February 19, 2008) –The Arizona Interscholastic Association Academy (AIA Academy) is pleased to announce the fourth annual *Steps to a Healthy Future: Celebrating Girls in Sport* symposium, a free one-day educational celebration of female interscholastic sport and physical activity participation that will be held at Xavier College Preparatory on March 27<sup>th</sup>, 2008 from 8:15 a.m. – 1:30 p.m.

The keynote speaker will be Nike distance runner Kara Goucher who is coached by the American running legend Alberto Salazar in Portland, Oregon. In September, 2007 in Osaka, Japan Goucher captured the first medal by an American distance runner in a major championship since 1992 when she won the bronze medal in the 10,000 meter event at the IAAF World Championships. She recently followed up that performance by running the fastest half-marathon time ever by an American woman when she won the BUPA Great North Run in the UK in September 2007 with a time of 1:06:57.

“2007 represented the best year to date in Kara Goucher’s storied track and field career,” said AIA Academy Director, Dr. Darren Treasure. “Kara is a very charismatic young woman who will captivate and inspire the participants this year at the 4<sup>th</sup> annual Girls in Sport Symposium on March 27<sup>th</sup>, 2008.”

Other speakers will include Dr. Tinna Traustadóttir who is the Associate Director of Exercise Sciences at Kronos Longevity Research Institute and an expert in female sport physiology, Dr. Matt Midkiff from CATZ Physical Therapy and an expert in sport injury prevention, and Shelly Mowrey, the Program and Marketing Director for the Partnership for a Drug Free America Arizona Affiliate.

“Events such as the AIA Academy’s Girls in Sport Symposium are especially important for high school girls to attend because research has shown that participating in sport and physical activity positively affects female health and well-being throughout life,” said Michelle Byers Community Relations Director for the AIA Academy. “Research has also shown that physical activity tends to decline for girls after high school. So, in addition to celebrating their current sport participation and discussing topics of interest to these young female student-athletes, we would like to encourage each participant to remain committed to being physically active and making healthy choices for life-long well-being.”

Presented by the AIA Academy, the *Steps to a Healthy Future: Celebrating Girls in Sport* symposium is dedicated to providing Arizona female high school student-athletes and their coaches with information about the issues that matter to them, and to encourage them to continue their involvement and commitment to leading a healthy lifestyle. It is anticipated that approximately 600 Arizona female high school students and their coaches will be attending.

***For more information about this program or to register, visit the AIA Academy’s website at [www.aiaacademy.org](http://www.aiaacademy.org) or contact Michelle Byers at the AIA Academy, 602-861-6198.***

### **About the AIA Academy**

The AIA Academy is the community outreach of the Arizona Interscholastic Association, a 501c(3) non - profit association of public and private high schools that was established by and for its members. The AIA Academy was created to assist community partners in the creation of a healthy sport experience for Arizona youth. [www.aiaacademy.org](http://www.aiaacademy.org)