

700 Kids Participate in Inaugural Fast Start Invitational in Winter Park

"The First Fast Start Invitational was an unmitigated success" said a beaming Scott Millson, founder and organizer at the closing ceremony of the first such event of its kind in Central Florida. Indeed, close to 1,000 parents, teachers, students and volunteers came in force to enjoy a day of fun and excitement designed to foster better health and fitness for elementary-age students through friendly competition.

Fast Start was created to promote and nurture a love of fitness and track and field events in elementary students living and attending public schools in Winter Park and Maitland. The program's first competition took place on Saturday Jan. 28, at the Winter Park High School Track.

More than 700 students from Aloma, Audubon, Brookshire, Dommerich, Killarney, Lake Sybelia and Lakemont elementary schools participated in the inaugural event.

The first Fast Start was managed by J7 Sports Management a local sports Event Company spe-

cializing in organizing sporting events. "The events ran like a well oiled machine" said Scott Millson, who is already working and planning on the 2007 Invitational, which promises to be even bigger. Parents, students and PE teachers from all seven participating elementary schools were energized and motivated by this year's event and promised to return next year with an even bigger roster of friendly competitors!

Events scheduled mirrored standard track and field events and included events from 100m dash up through 800m dash as well as other relay and field events.

Local businesses and foundations provided in kind and financial support for this year's event and the Winter Park High School track and cross country teams lent their expertise and encouragement to the student athletes.

The 2006 Fast Start Invitational was the first of what will be many similar events in Greater Orlando, which will help in promoting the love of running and fitness in young children.



Kids from local elementary schools students have fun participating in the inaugural Fast Start Invitational at Winter Park High School track field.