

May 26, 2009

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## **FOR IMMEDIATE RELEASE**

### **Eleventh Annual Pentathlon Adventure Challenges Students to Defy Their Own Expectations**

Pentathlon Adventure – Central East High School – Fresno, CA – Saturday, May 30, 2009, 10 a.m. to 5 p.m.,  
Fresno County Office of Education, Department of Safe and Healthy Kids

Hundreds of 5<sup>th</sup> through 8<sup>th</sup> grade students will participate in the Eleventh Annual Pentathlon Adventure, where they will take on the all-new adventure course that will demand leadership, teamwork, fitness, and perseverance to finish. Each timed, team event disguises fitness elements that parallel current California physical education framework standards and current, state mandated FitnessGram testing requirements.

The Pentathlon Adventure contains five events or “Adventures” along with five unique characteristics that educate, along with challenging each participant. Student teams compete for the lowest, composite, team time through these heart-pounding experiences: Survivor Adventure, Power-Pull, Challenge Mountain/Climbing Wall, Shuttle Run and Plyo-Mid Adventure.

Approximately seventy-six percent of California's school-age students face an epidemic of obesity, due to inactivity. According to State Superintendent of Instruction, Jack O'Connell, “The results indicate an unacceptable percentage of California public school students did not achieve the minimum fitness levels. We have a long way to go to eradicate the silent epidemic of childhood obesity and poor nutritional health.”

Research shows that students who engage in health education programs are better learners and are less likely to engage in drug, alcohol, and cigarette abuse. That means lifelong success for the youth of California.

For further information contact: Brent Smither, Fresno County Office of Education, 497-3829 or 970-1512 or Cyndi Dean, Consultant, Fresno County Office of Education, at 443-4833 or 908-3698 (cell).

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