

Subway Honors “Fresh, Fit” Kids

As a major supporter of community programs in the Valley, our client Subway Restaurants of Arizona is pleased to announce the winners of its [“Subway Freshest, Fittest Essay Contest of the Year.”](#) all of whom received tickets for four to the [2009 Subway Fresh Fit 500](#) at Phoenix International Raceway on Saturday, April 18.



Subway chose 20 winners in total, awarding 80 tickets to the race. The winners represented a wide range of interests and health knowledge. Winners included students from Mercury Mine Elementary School, a baseball player with Shadow Mountain Little League, a Lacrosse player with Desert Stix, a soccer player with “Sc-Del-Sol, several children active with their YMCAs and many more.



Subman visited the winners April 12 to April 18 to give them a pat on the back, their tickets and their own Fresh, Fit celebrations. To see video from select celebrations, please click any of the links below:

[Subman congratulating the winners](#)

[Subman on a rock wall with winners](#)

[Subman shooting hoops with winners](#)

[Essay winner talking about how she stays fit](#)

[Essay winner talking about her school helping her be fit](#)

[Fresh Fit essay winner showing off her gymnastic skills](#)

“Almost every weekend, my soccer coach says ‘you know the drill until next week, no fast food and no mayo or extra cheese from Subway’,” north Phoenix winner Steven Winkler, 11, wrote in his essay.



“Mercury Mine and my teachers Mr. Collins and Mr. Pacioni have helped me build confidence and strength and encourage me in everything I do including the President’s Challenge, a two-day exercise session we take part in each month to stay healthy,” Phoenix winner Emily Woodard, 10, wrote in her essay.

“Throughout March, we asked for young people, ages seven to 17, representing their schools and other organizations such as Boys & Girls Clubs or YMCA, write and tell Subway what their organization, troop or program does to help them live healthier, happier lives,” said Mark Roden, a Subway franchisee. “Once essays were received, a judging panel reviewed all entries and chose the

above “fresh, fit” kids as our winners. We are very proud to have so many health-conscious kids in the Valley. Their parents, teachers and the community should be very proud.”

