

Rod Dixon's

# KID'S MARATHON™



**What is KiDSMARATHON?** KiDSMARATHON is an 8 - 10 week training program that enables kids to complete a full marathon by running incremental distances each week leading up to the finish in front of hundreds of fans! During the project, elementary students, ages 7-12, develop life-long fitness skills, positive nutritional habits, social-emotional learning, a feeling of accomplishment, and self-confidence for themselves. The mantra of the program is **finishing is winning and winning is finishing**.

**Who participates in KiDSMARATHON?** Each CAS Member School can administer the program for any number of students in any shape they choose. From PE / Health classes to recess to parent supervised running activities, kids are welcome to participate and benefit from this amazing fitness program. Because the goal of the program is to "FINISH", kids of all shapes, sizes, and ability levels can participate and be successful.

The CT KiDSMARATHON program is supported by Rod Dixon's KiDSMARATHON Foundation (<http://www.kidsmarathonfoundation.org>) and is viewed by Rod's organization as the public-schools model for other states to follow. The program has been approved by C.A.S.

**Will I Receive Training Materials?** Included in the program is a wonderful training guide containing all the information to start: warm-up exercises, nutritional guidelines, drills, games, cool-down activities, and much more! The information is delivered in a way that kids can understand and enjoy. Students record their distances on a personalized guide sheet and are offered other learning activities in the training guide that accompanies the program. There is NO COST for the training manual to CAS member schools!

**When Can We Begin?** The ideal start date for KiDSMARATHON is anytime during the new year but not later than the end of the first week of April 2014. KiDSMARATHON Celebrations will be held at Cheshire High School and Norwich Free Academy on May 17<sup>th</sup>, Danbury High School and Waterbury in June, and at the Plumb Hills Playing Fields in Litchfield on June 7<sup>th</sup> in connection with the Litchfield Hills Road Race the next day. There are also dates to be announced for the Hartford and Stamford area schools. Online registration is available at [www.casciac.org/register](http://www.casciac.org/register).

**How Much Does It Cost?** The cost for each participant is \$5. Each student will be awarded a certificate, and receive a T-shirt and medal for participating in KiDSMARATHON!

**More Questions?** Contact Dave Maloney at C.A.S.: [dmaloney@casciac.org](mailto:dmaloney@casciac.org) OR 203 - 250 - 1111, ext.3936

