



## KiDSMARATHON

**What is KiDSMARATHON?** KiDSMARATHON is an 8 to 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 of ages 7 to 12 are encouraged to develop life-long fitness skills, 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 elementary school may administer the program for any number of students in any format 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 may participate and be successful.

**Will I Receive Training Materials?** Included with the program is a wonderful training guide containing all the information to start your program describing warm-up exercises, drills, games, cool-down activities, and much more! The information is delivered in a way that kids will understand and enjoy. Students will 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 guide!

**When Can We Begin?** The second or third week of March, 2010, is the ideal start date for your program. KiDSMARATHON celebrations will be held at Southington High School on May 22 and Norwich Free Academy on June 5, 2010. On line registration will be available at [www.casciac.org/register](http://www.casciac.org/register) in early February, 2010.

**How Much Does It Cost?** The projected cost for each participant is \$5 for CAS Member schools and \$10 for Non-CAS Member schools. Each student will be awarded a certificate, T-shirt, and medal for participating in KiDSMARATHON!

**More Questions?** Contact Dave Maloney at CAS at [dmaloney@casciac.org](mailto:dmaloney@casciac.org) or 203-250-1111.