

KiDSMARATHON™ Informational Sheet

Cheshire High School – May 17, 2014

Registration 9:15 – 9:45

Event Start Time 10:00

C'mon KiDS . . . Let's Get Moving!!!

1. Start your morning on celebration day with a **good breakfast** and remember to bring along lots of water, especially if the weather is hot and humid! We will have nutritious snacks at the site. We also are asking runners to bring a canned good for donation to a food drive associated with the event!
2. **Registration** is from 9:15 - 9:45 at the entrance to the track. Plenty of parking in front / adjacent to the school. Only the teacher advisor / coach needs to register. We will issue a box to each school with all the materials / information / directions. We encourage you to pass out the official KiDSMARATHON T-Shirts at this time as the runners will want to proudly wear them!
3. Here's your **checklist**: Proper running shoes & socks, your favorite shorts and school spirit T-shirt, sweats if you need to keep warm. It is strongly recommended that schools wear their school spirit T-shirt or similar color for the parade of schools at 10AM!
4. ***It is strongly recommended that each school bring a sign / banner to post in the infield where KiDS will meet at the end of the parade.*** Schools line up and “parade into the infield / announced via the PA”. Parents & fans will go to the spectator stands.
5. **Lavatories** are located adjacent to the track entrance.
6. Introduction & Welcome – 10:00 - Dave Maloney, CAS-CIAC Assistant Director and Steve Wysowski, CASCIAC Assistant Director. Special appearance by Rod Dixon, former marathon champion and author of KiDSMARATHON!
7. Warm-up Exercises – led by the Cheshire High girls track team - 10:10. All participants to the infield! Parents in the stands!
8. Running your last leg of the KiDSMARATHON! 10:30 – 11:30.
9. Schools are assigned heats – 10:30, 10:45, 11:00, 11:15.
10. **Everyone cheers** the runners – runners from the infield, parents in the stands.
11. Each teacher / coach will administer **awards** in the infield at the conclusion of the last heat.
12. **“Finishing is winning . . . winning is finishing”**
13. Program should end by 11:45.
14. Event will not be postponed unless of a threat of lightning / severe weather. Inclement weather / postponement? Log onto www.casciac.org