

Rod Dixon's KID'S MARATHON™



What is KiDSMARATHON? KiDSMARATHON is an 8 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 at regional celebration sites beginning on May 17, 2014. Olympic Medalist and New York City Marathon winner Rod Dixon is the founder of KiDSMARATHON. Dixon has implemented the popular program in several states and as far across the globe as New Zealand. During the project, elementary students, ages 7-12, 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 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 to recreation centers, schools 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, drills, games, nutrition guidelines cool-down activities, and much more! The information is delivered in a way that kids can understand and enjoy. Kids 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, which may be downloaded from our site!

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 on May 17th, Norwich Free Academy on May 24th, Danbury High School on May 31st, and at the Plumb Hills Playing Fields in Litchfield on June 7th in connection with the Litchfield Hills Road Race the next day. There are also dates to be announced for the Waterbury and Stamford area schools. Online registration is available at www.casciac.org/register.

How Much Does It Cost? The cost for registration in the entire program is \$5. per student. Each student will receive a certificate, a beautiful T-shirt, and a replica Olympic medal for participating in KiDSMARATHON 2014!

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

