

Rod Dixon's KID'S MARATHON™



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 completing the final mile in front of hundreds of fans at a regional celebration site. 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. While participating in KiDSMARATHON, elementary students, ages 7-12, develop life-long fitness skills, social-emotional learning, a feeling of accomplishment, and self-confidence. The mantra of the program is "Finishing is winning and winning is finishing."

Who participates in KiDSMARATHON?

From PE/Health classes to recess to parent supervised running activities to recreation centers, CAS member elementary and middle schools can administer the program for any number of students in any format it chooses. 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 (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 We 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. The training manual is provided to CAS member schools at NO COST and may be downloaded and/or delivered in bulk to participating schools!

When Can We Begin?

The start date for KiDSMARATHON can really be any time, but the third week of March is when most schools get started. If you begin in early April students will complete 25 miles prior to the state celebrations that stretch from mid-May to early June. High school track teams in many communities have mentored participants and the results have been a "win-win" for all! Final celebrations are set for: Cheshire – May 16th, 10 AM; Danbury - May 30th, 10AM; Trumbull, TBA; Waterford, TBA; Waterbury – June 3rd, 6PM; and, Litchfield – June 6th, 10AM

How Much Does It Cost?

The cost for registration is \$5 per student which includes a certificate, a beautiful T-shirt, and a replica Olympic medal for participating in KiDSMARATHON 2015! Online registration is at www.casciac.org/register. Additional info, including a video, is posted on the CAS Student Activities page.

Questions? Contact Dave Maloney, dmaloney@casciac.org, or Jenn Sylvester, jennsylvester@casciac.org, at CAS; voice: 203-250 -1111.

