

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 the finish in front of hundreds of fans at regional celebration sites beginning in May 2016. Olympic Medalist and New York City Marathon winner Rod Dixon is the founder/creator 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, grades K-5 and 6-7 in some areas, 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 - Winning is Finishing™".

Who participates in KiDSMARATHON™? Each CAS Member Elementary/Middle 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.

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. Additionally, participants will receive a certificate, replica Olympic Medal, 26.2 sticker, and an option to purchase a beautiful T-shirt.

When Can We Begin? The ideal start date for KiDSMARATHON™ can really be any time, but the third week of March is when most schools get started. Students will complete 25.2 miles prior to the local celebrations beginning in May and ending in early June. High School track teams in many districts have mentored participants and the results have been a "win-win" for all! 2016 KiDSMARATHON Final Mile Celebrations™ are set for Cheshire - May 14th, 10 AM; Danbury - June 4th, 1 PM; Glastonbury - May 22nd, 6:30 PM; South Windsor - June 1st, 5:45 PM; Storrs - June 4th, 9 AM; Torrington - June 7th, 5 PM; Trumbull, May 22nd, 10 AM; Waterbury - June 2nd 6 PM; Waterford - June 4th, 10 AM. Events at Glastonbury, Storrs, and Trumbull are only open to schools within those districts. There may be additional sites - if you'd like to host a location just get in touch with us.

How Much Does It Cost? Participants may choose between \$10 per student for the complete package which includes a certificate, a beautiful T-shirt, and a replica Olympic Medal and 26.2 sticker OR \$5 per student which includes everything except the T-shirt. We ask that parents make their checks payable to their school so that the school may pay for the program in one sum. Online registration is open for schools at www.casciac.org/register. Additional info, including a video, is posted on the CAS Student Activity page.

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

