

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 2017. 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! 2017 KIDSMARATHON Final Mile Celebrations™ will be set soon. 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. Online registration will be open soon. Additional info, including a video, is posted on the CAS Student Activity page.

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

