



# GETTING STARTED

You heard about Rod Dixon's KIDS MARATHON. You said to yourself, "Wow!" That's it! You are hooked! Now, **how** do you do it? Here is how...

## 1 Obtain Support and Approval For Rod Dixon's KIDSMARATHON

Speak to the **Principal, PTA President, Athletic Director, PE Teacher, School Superintendent, Friends, Teachers**...basically anyone who will listen in order to assess interest and learn about your school's ability to organize this program.

Questions to ask may include:

- **Budget** – are there funds available for the Kids' Marathon?
- **Safety** – is there a safe and accessible location for the kids to run laps during the school day? (A quarter mile loop is ideal but not necessary.)
- **Volunteers** – are parent volunteers available and permitted to help? How will the program be supervised - by teachers, parents, or a combination of both?
- **Format** – running at home, at school, school-wide run offered at recess, after/before school club

## 2 Create a KIDSMARATHON Program Proposal

Create a **program proposal** with the following proposed details:

- 10 week program during recess – Monday through Thursday
- Time frame March-May
- Children in grades K-5
- Parent Volunteers
- Children run or walk approximately ½ - 1 mile 4x/week in groups at recess
- Participants receive a training log book
- Reinforces healthy habits, rewards dedication and commitment
- Miles accumulate to 25 miles and the final 1.2 miles of the 26.2 mile marathon are completed in a celebratory event
- Medals, t-shirts as finishing prizes
- Mantra = "Winning is Finishing and Finishing is Winning!"
- \$5 per child

Link: <http://www.kidsmarathonfoundation.org/>

### 3

## Systemize A Process For Tracking Laps

You have been approved and now need to figure out details regarding tracking your students' laps. Consider numbers of students participating and ease of collecting and using data. Ideas include popsicle stick counts, coloring pages, stamps, stickers, passport books.

**“STUDENT LAP TRACKERS”** ...are highly recommended and well worth the investment. Go to the link for details. Calling the company directly, Student Lap Tracker (800-258-4949) is extremely helpful. You will be talked through every single step.

<https://www.studentlaptracker.com/>

Our kids loved running with their very own ID

card. The ID cards were laminated for durability. A big draw to the program for the kids was receiving their ID card on a bracelet.



Kids run with ID card and are tracked for each lap



Bracelets were purchased through Oriental Trading. They were handed out and collected each recess. The individual classroom teachers owned the bracelet ID cards for their class for the duration of the program in a large envelope. Bracelets were collected and cleaned at the end of the program to be re-used the following year.

[http://www.orientaltrading.com/neon-coil-key-chains-a2-19\\_156.fltr?Ntt=coil%20key%20chains](http://www.orientaltrading.com/neon-coil-key-chains-a2-19_156.fltr?Ntt=coil%20key%20chains)



ID cards are collected for the next run

SMITHFIELD ELEMENTARY		Smithfield Elementary Running Club		STUDENT LAP TRACKER	
Runners Report from 8/20/2012 to 11/16/2012					
Mrs Montana - 5th Grade					
Runner	Days	Laps	Miles		
Aidan P	30	46	11		
Alma C	35	70	17		
Amya J	22	37	9		
Anabel T	18	20	5		
Aneesa S	37	80	20		
Angel U	31	63	15		
Angelina B	17	21	5		
Anthony E	#8 Mileage in 5th Grade	37	113	28	
Anthony C	#10 Mileage in 5th Grade	26	95	23	

Scanners are uploaded. Reports and awards are available at a click of a button.

## 4 Introduce Rod Dixon's KiDSMARATHON to Students and Families

An assembly, a newsletter, a power point presentation, posters, a special guest are some ideas for you to drum up interest from your students and support from parents. Use students to motivate other students. Consider contacting local high school athletes to visit or interview as running role models. Organize information and distribute flyers and forms. Use the sample documents attached that can be tailored to your school's program. To obtain the official Rod Dixon colored training manuals contact Rod Dixon's Kid's Marathon through the website. Take a look at the manual for kids here:



[http://kidsmarathon-ct.org/files/2012/01/COLOR\\_KidsMarathonBook-20121.pdf](http://kidsmarathon-ct.org/files/2012/01/COLOR_KidsMarathonBook-20121.pdf)

## 5 Develop an Incentive & Rewards Program to Keep Kids Motivated

Just like adults, kids have trouble at times sticking with a program. Ten weeks is a long time, especially for little ones. Think about that diet that you planned to stay on for 12 weeks or that project at work that you just couldn't wait to be done with. Kids need our help to keep their marathon program fun and exciting. Below are just a few ideas:

- Mascot Visits
- Guest Runners such as High School Students, Principals, Staff.
- Parents bring in marathon medals of their own for kids to try on.
- Post names on bulletin board of children meeting goals and staying on track.
- Music Day – pump up music played on the running course.
- Marathon Monday – wearing their t-shirts and medals to school on Monday!
- Student Morning Announcements
  - Sample: "Good Morning. My name is Claire. I am a Fourth Grade Wellness Rep. Our awesome marathoners are all doing just great. We have been completing laps for 19 days for a total of 63 laps so far. We hope you enjoyed the visit from our Dolphin Mascot and all the signs cheering you on. We are up to almost 16 miles already! 16 miles is the distance between our school and Westport, CT. As a school, we have completed over 3,500 miles. Guess what state is 3,500 miles from us? It is ALASKA! WOW! Last week many names were posted on the bulletin board. Those were the 71 kids who were exactly on track. This week keep your eye out for a list of new names. The next list is of the 105 kids who are super close and doing a great, great job! Remember, the Kid's Marathon is for you to have fun and get great exercise. Any amount of laps you can do is just perfect. Any kids who want to be sure they complete the 25 miles before going to the Final Mile just check your laps with your teacher. If you want to make up laps you can do more at recess or at home and have your parents email them in. Keep it up, Marathoners! You are all getting closer and closer to your goal of becoming a Kid's Marathoner! Thank you for listening and have a nice day!



Display program advertisements and communication of daily laps on a prominent bulletin board



Decorate the course to cheer on the kids



Plan student Pep Rally Days



Make "Motivate Our Marathoner Signs" – made at home by families!

Your Final Mile Event is the culminating event to celebrate the efforts and achievement of the kids over 10 weeks and many miles! Make it your own. Keep it simple with a mile run, medals, and t-shirts or knock it out of the park with mascots, music, refreshments, etc. Do what works for your school and logistics. Key points are cheering fans. Additionally, a Parade of Runners (similar to that of the Parade of Nations at the Olympics) is a terrific way to celebrate your young marathoners.



For more information regarding obtaining **Final Mile T-shirts and Medals** contact Rod Dixon's Kid's Marathon Foundation at: [www.kidsmarathonfoundation.org](http://www.kidsmarathonfoundation.org)

*The following pages include sample flyers and forms. Good luck and happy running!*





**Do you think your kids can run a marathon? They CAN do it, and we will show them how! This program will help them run or walk their way to 26.2 miles in just 10 weeks!**

- **Founded by Rod Dixon.** New Zealand's Rod Dixon is a 1972 Olympic medalist in the 1500 meter race, and the winner of the 1983 NYC Marathon.
- **This program is open to all Students in Grades K – 5.** Students will run or walk with their friends for a portion of their recess between ½ and one mile each day. They will follow a training schedule for approximately 10 weeks and miles will add up to an amazing 25 miles! The kids will join in on a huge FINAL MILE event to cap off their achievement in front of family and friends cheering them on.
- **Kids will learn the fun of staying healthy and fit.** They will gain confidence from setting a goal, seeing it through, and become WINNERS as they FINISH a total of 26.2 miles!
- **Parents, encourage your kids to participate in the Kid's Marathon.** No experience is necessary! All they need is a willingness to get their bodies moving. They will get in shape for spring activities and won't say they are bored at recess. They can chat with their friends while they walk or run together and still have plenty of time to enjoy recess after their laps are completed for the day.
- **Our program begins on Monday, March 16<sup>th</sup>.** All students will receive a Student Lap Tracker ID card. Their individual bar code will be scanned and their completed laps will quickly add up. Parents can view their child's progress at home. (Visit: [studentlaptracker.com](http://studentlaptracker.com)) All participants will be organized and encouraged at recess by parent volunteers. Parent volunteers will be needed. Be on the look out for the iVolunteer sign-up.
- **At the FINAL MILE EVENT, students will join together behind our school banner and march in just like the Olympics!** Our kids will get cheered on to run their final 1.2 miles of the Kid's Marathon. All Kid's Marathoners will be awarded with a medal and a t-shirt! \$5 will be collected for the t-shirt and medal in May. *(Don't worry if you can't make the final mile celebration...do the training at recess, add some extra laps the final week, pay the fee – and we will pick up your awards for you! You are still a WINNER!)*



**Final Mile Event**

**\*\*\*\* High School\*\*\*\***

**Sunday, May 31<sup>st</sup> from 10 AM – 12 PM**

*Please fill out the form below and return to your homeroom teacher by Monday, March 9th:*

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Child's Name: \_\_\_\_\_

Teacher / Grade: \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ I give my child permission to participate in the Kid's Marathon Training at recess.

(Final Mile details and \$5 for medal/t-shirt occur in May. Do not send money now)

Parent Signature: \_\_\_\_\_

Email Address: \_\_\_\_\_

Questions? Email: *(include your contact info)*



**KID'S MARATHON Final Mile Event Informational Sheet  
Trumbull High School – May 31, 2015  
9:30 AM – 12:00 PM**

1. Eat a good breakfast. Bring along lots of water labeled with your name. We also are asking marathoners to bring a canned good for donation to the Trumbull Food Pantry.
2. Check-in is from 9:30 – 9:55 on the infield at Trumbull High School. PLEASE USE THE STROBEL ROAD ENTRANCE TO THS.
3. Checklist: Proper running shoes & socks, sweats if you need to keep warm! **Please wear your Celebration of the Arts T-shirt.**
4. Please look for and **meet at the purple DFS banner.** Schools line up and “parade” into the infield as announced over the PA. **Parents go to the spectator stands.**
5. Everyone cheers the runners – students from the infield, **parents in the stands.**
6. Marathoners will receive their medal and t-shirt in the infield at the conclusion of the event.
7. Directions / Inclement weather /postponement info – log onto [www.casciac.org](http://www.casciac.org)

**9:30 AM Meet DFS and Sign in at DFS Banner**

**10:00 AM Introduction & Welcome**

**Rod Dixon, Founder/Olympian and Cathleen Kosak, Coordinator**

**10:10 AM National Anthem**

**10:15 AM Warm-up - Trumbull High School Track Team**

**10:30 AM Complete the final mile of the KID'S MARATHON**

**12:00 PM Awards**

(keep the above information)

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(detach below and return to school)

Child's Name \_\_\_\_\_

Child's Grade / Teacher \_\_\_\_\_

We confirm we are attending **(must fill out and return attached waiver)** \_\_\_\_\_

We can't make it. Bring our award and t-shirt home \_\_\_\_\_

T-Shirt Size (youth or adult / S, M, L, XL) \_\_\_\_\_

**Please send \$5 cash or check payable to DFS PTA (not CT Association of Schools). Your child will receive the medal and t-shirt if payment is received regardless of mileage completed or attendance at the Final Mile Event**

**\*\*This is not a drop – off event. There is NO day of registration\*\***

**Return form and waiver NO LATER THEN MONDAY, April 27th** to be collected by your homeroom teacher.  
Questions? Contact info here



## KID'S MARATHON Informational Sheet

Trumbull High School – May 31, 2015

Check – In 9:30 AM – 9:55 AM

- Start your morning on May 31<sup>st</sup> with a **good breakfast** and remember to bring along lots of water, labeled with your name, especially if the weather is hot and humid! We also are asking runners to bring a canned good for donation to the Trumbull Food Pantry.
- **Check in with your school** from 9:30 – 9:55 on the infield of the track at Trumbull High School. **PLEASE USE THE STROBEL ROAD ENTRANCE TO THE THS ATHLETIC FACILITY CAMPUS.** Each school facilitator will be issued boxes of your medals and t-shirts from CT Association of Schools at THS the morning of the event.
- **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 a similar color shirt – easier to supervise! Give out t-shirts at the end of the event rather than the beginning to avoid losing children in a sea of white shirts.
- ***It is strongly recommended that each school bring a sign / banner to post on the infield where students will meet for check in.*** Schools will then line up and “parade” into the infield as announced over the PA. Parents & fans go to the spectator stands. Our runners need stands FULL of FANS cheering them on. Only pre-assigned school volunteers permitted on the infield.
- ***Your school will provide volunteers to*** check-in your students, prepare t-shirts and medals for distribution, supervise kids during wait times, give out medals, and t-shirts.
- **Lavatories** are located adjacent to the track entrance.
- Introduction & Welcome – 10:00 – Rod Dixon, Kid’s Marathon Founder, 1972 Olympic Medalist, and 1983 NYC Marathon Winner. Cathleen Kosak, THS Final Mile Event Program Facilitator.
- National Anthem – 10:10
- Warm-up Exercises – 10:15 – Trumbull High School Track Team – All participants to the infield! Parents in the stands!
- Running your last leg of the KID’S MARATHON! 10:30 – 12:00
- Schools are assigned heats – 10:30, 10:45, 11:00, etc. Listen for PA announcements.
- **Everyone cheers** the runners – runners from the infield, parents in the stands.
- Each teacher / coach will administer the **medals and t-shirts** to their participants in the infield at the conclusion of the heats. Program should end at approximately 12:00.
- Dismissal will be coordinated via announcements over the PA system.
- **“Finishing is winning . . .winning is finishing”**
- Directions / Inclement weather / postponement info – log onto [www.casciac.or](http://www.casciac.or)