

Connecticut Association of Schools KIDSMARATHON

For up to eight weeks, beginning March, 2015 Connecticut Elementary students (ages 7 – 12) will train using the KiDSMARATHON Training Guide, mentored by their parents/guardian. The program is designed by Rod Dixon, Olympic Medalist and winner of the 1983 New York City Marathon, endorsed by Carol Goodrow, author of the books, Kids Running, Happy Feet Healthy Food, and The Treasure of Health and Happiness. Connecticut Association of Schools supports the program. Each kid will work to accumulate 25 miles before the days of the celebrations at Cheshire High School, Danbury High School, Waterford High School, Trumbull High School, South Windsor High School, E.O. Smith High School in Storrs, Glastonbury High School, Library Park in Waterbury, and the Plumb Hill Playing Fields in Litchfield, where the program is completed in grand fashion, as each kid is able to finish the final mile of the marathon distance in front of the hundreds of cheering fans! Each student who finishes the KiDSMARATHON program will receive an official KiDSMARATHON PIONEER Medal, and attend a race day celebration event. They will also have taken a GREAT step toward a lifetime of fitness and healthy living!

ATHLETE ENTRY FORM

Please fill out all information completely

Entry Fee:
\$5 per Student
Payable to Connecticut Association of Schools

**ANY SCHOOL THAT HAS FURTHER QUESTIONS
MAY CONTACT DAVE MALONEY OR JENN
SYLVESTER AT 203-250-1111**

RACE DAY PHONE/CELL # IN CASE OF EMERGENCY: _____

_____	_____	_____	_____	_____
Last Name	First Name	Gender	Age (Day of Race)	Date of Birth
_____	_____	_____	_____	_____
Mailing Address	School			
_____	_____	_____	_____	_____
e-Mail Address	Home Phone	Shirt Size		

RELEASE FORM (BOTH LINES MUST BE SIGNED)

In consideration of acceptance of this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, release and discharge Connecticut Association of Schools, Cheshire, Danbury, Trumbull, Waterford, Glastonbury, Region 19, South Windsor, and Waterbury Public Schools, Litchfield Parks and Rec., Waterbury Parks and Rec., Rod Dixon, KiDSMARATHON, the towns of Cheshire, Trumbull, Waterford, South Windsor, the Region 19 District, Glastonbury, Danbury, Litchfield, Waterbury and all other sponsoring or co-sponsoring companies or individuals associated with this health fitness program (collectively "Releases") from all claims, damages, rights of actions, present or future, whether the same to be known, anticipated or unanticipated, resulting from or arising out of, or incident to my agreement to participate in this program. The undersigned parent or guardian hereby elects to have his/her issue (athlete/participant) voluntarily participate in the KiDSMARATHON program, with CAS, and is aware of the risks and hazards, including, without limitation, weather conditions such as heat and/or high humidity, traffic and surface conditions. The undersigned further agrees to the use of the athlete/participant's name and photograph in broadcasts, newspapers, brochures, and other media without compensation. The undersigned acknowledges that the entry fee is non-refundable and non-transferrable.

I certify that the athlete/participant is physically fit and that his/her physical condition has been verified by a medical doctor, and that he/she will be sufficiently mentored and guided while participating in the KiDSMARATHON program.

SIGNATURE OF PARENT OR GUARDIAN

MEDICAL RELEASE*

*Parent/Guardian Permission for Medical Treatment