

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 2015. 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. During the project, elementary students, ages 7-12, 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 and winning is finishing".

Who participates in KiDSMARATHON? Each CAS Member Elementary 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. There is NO COST for the training manual to CAS member schools.

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 miles prior to the local celebrations beginning in May and ending the first week of June. High School track teams in many districts have mentored participants and the results have been a "win-win" for all! 2015 final celebrations are set for Cheshire - May 16th, 10 AM; Glastonbury - May 17th, 6:30 PM; Danbury - May 30th, 10AM; South Windsor - May 30th, 10 AM; Storrs - May 30th, 12 Noon; Waterford - May 30th, 10 AM; Trumbull, May 31st, 10 AM; Waterbury - June 3rd, 6PM; and Litchfield - June 13th, 11AM. Events at Glastonbury, Storrs, and Trumbull are only open to schools within those districts.

How Much Does It Cost? The cost for registration in the entire program is \$5 per student. Each student will receive a certificate, a beautiful T-shirt, and a replica Olympic medal for participating in KiDSMARATHON 2015! Schools can register online 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.

