



KIDSMARATHON™

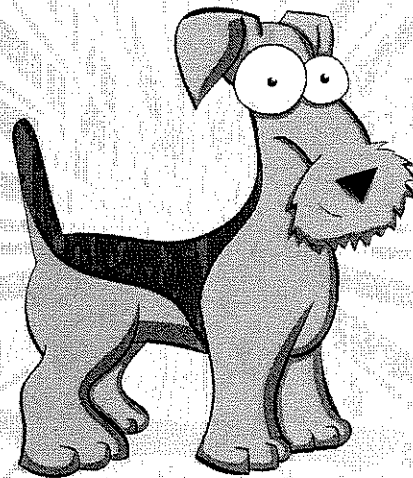
A Running Series by Rod Dixon, Olympian and World-Class Runner

Training Guide & Activities Booklet

C'mon, Kids ...

Congratulations on participating in the very first Connecticut KidsMarathon! Keeping kids health and fit is important to everyone. Just think about these facts:

- Fewer than 25% of kids get at least 20 minutes of physical activity every day. (Are you at least walking your dog?)
- The average six- to 11-year old watches three to four hours of television every day. That's about 1,500 hours a year — almost twice the amount of time spent in school. And this doesn't even count the time kids spend playing video games, surfing on the computer and *not* moving!
- The number of overweight kids (six to 11 years old) has multiplied *five times* in the last 30 years. Wow!
- Obesity now affects one in every five kids in the United States. (Obesity means that you weigh a minimum of 20% more than your ideal weight. *Eek!* That's a lot!)
- An obese teenager has a better than 75% chance of becoming an obese adult.



Kind of scary, isn't it? Well, it doesn't have to be. You've taken a *huge* first step to becoming healthier and stronger just by picking up this training manual. Exercising can be fun. Healthy foods can taste great. (No, we're not kidding. They really can.).

... Let's Get Moving!

**Pledge to be the best you can be.
Choose to move!**

I pledge to:

1. Exercise regularly.
2. Get lots of sleep.
3. Eat healthy foods.
4. Have a positive attitude.
5. Listen to my parents, my teachers and my coaches.
6. Have fun!

Name: _____

School: _____

Grade: _____



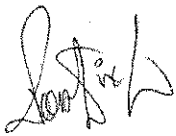
Important!

Be sure to have your mom or dad complete and sign the application form in the back of this book. This form says you have your parents' permission to participate in the KidsMarathon Training Program. Give the completed form to your teacher.

Hi, Kids!

Welcome to your Connecticut KidsMarathon Training Guide & Activities booklet! You'll find a bunch of great information and fun things to do on the pages that follow. We wish you the best of luck with your running and training and look forward to seeing you at the finish of the 2009 Connecticut KidsMarathon at Southington High School on May 30, 2009. We know you're going to do great!

Your friend,



Rod Dixon

Who the Heck is Rod Dixon?

For 17 years Rod Dixon was one of the best middle distance runners in the world. He is an Olympic medalist, two-time world cross-country champion medalist and the 1500m champion of the United States, France, Great Britain and New Zealand. In the Pacific Conference Games, he won two gold medals and was a two-time World Masters Champion.

Rod Dixon won the 1983 New York City Marathon, was the #1 runner in United States road running, represented New Zealand at four Olympic Games and was a coach for the Fiji Olympic team.

Rod now focuses his time on helping kids learn to love running as much as he does!

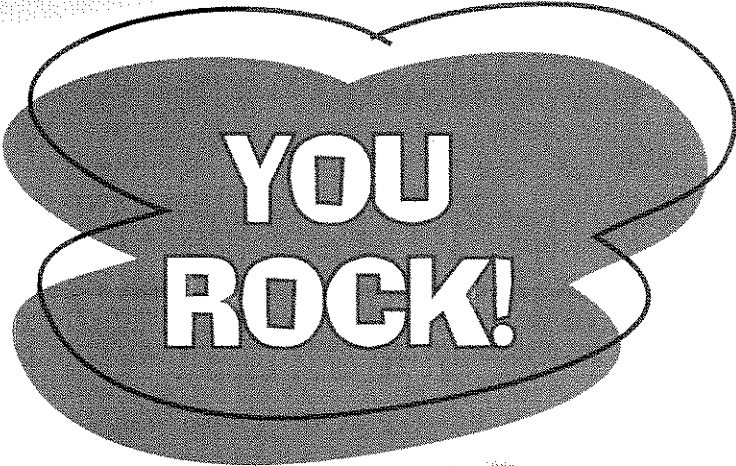
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Introduction

Before you begin your training, we want to share a few tips with you. Running is a great sport that can be a lot of fun if done correctly, so use this list to get the most out of your program.

1. Always run in a safe area where your parents, teacher, or coach can see you at all times.
2. Wear clothes and shoes that are comfortable, fit well and allow you to move.
3. Always do a warm-up and stretch before you run.
4. Exercise with friends and family to make it fun.
5. Eat healthy foods so you'll have energy to run.
6. Drink plenty of water each day to keep your body hydrated.
7. Have fun and encourage others to do the same!



**YOU
ROCK!**

A Runner's Checklist

Here is a list of things to help you start off on the right foot!

- ☐ Proper running shoes and socks.
- ☐ Plenty of shorts and your favorite tee shirt.
- ☐ A pair of sweats to keep warm.
- ☐ Good friends to train with.
- ☐ A positive attitude.

Hi!
I'm Rod.
Look for me
throughout the
Training Guide.



Training Schedule

Follow your schedule and check the box each time you finish your weekly runs.

Place a sticker or stamp in the **Miles Completed** bubble and have your teacher, coach, or parent initial it at the right. Then, run the last 1.2 miles on the home stretch of the First 2009 Connecticut KidsMarathon at Southington High School on May 30, 2009 and become an official winner of this great event! You'll have to run a total of 26.2 total miles. Wow! What an awesome Accomplishment!

Good Luck,



Rod

Let's Get Started!

Run the miles in red at home. Just ask your parents to measure a course with their car odometer. Then, warm-up and run together or with a friend!

Training Schedule

Week 1

(March 30 – April 5)

**Total of
2 ¾ Miles
Completed**

Day 1 – ¾ mile

Day 2 – ½ mile

Day 3 – 1 mile

Day 4 – ½ mile

Initials _____

Week 2

(April 6 – April 12)

**Total of
3 Miles
Completed**

Day 1 – ½ mile

Day 2 – 1 mile

Day 3 – ¾ mile

Day 4 – ¾ mile

Initials _____

Week 3

(April 13 – April 19)

**Total of
3 ¼ Miles
Completed**

Day 1 – ½ mile

Day 2 – 1 mile

Day 3 – ¾ mile

Day 4 – 1 mile

Initials _____

**9 total miles in the
first 3 weeks!**

**WAY
TO GO!**

Training Schedule

Week 4

(April 20 – April 26)

Total of
3 ¼ Miles
Completed

Day 1 – ½ mile

Day 2 – 1 mile

Day 3 – ¾ mile

Day 4 – 1 mile

Initials _____

Week 5

(April 27 – May 3)

Total of
3 ½ Miles
Completed

Day 1 – 1 mile

Day 2 – ¾ mile

Day 3 – 1 mile

Day 4 – ¾ mile

Initials _____

Week 6

(May 4 – May 10)

Total of
3 ½ Miles
Completed

Day 1 – 1 mile

Day 2 – ¾ mile

Day 3 – 1 mile

Day 4 – ¾ mile

Initials _____

10 ¼ total miles for these
three weeks, for a grand total
of 19 ¼ miles so far!

**WAY
TO GO!**

Week 7

(May 11 – May 17)

**Total of
3 ¼ Miles
Completed**

Day 1 – 1 mile

Day 2 – ¾ mile

Day 3 – 1 mile

Day 4 – ½ mile

Initials _____

Week 8

(May 18 – May 24)

**Total of
2 ½ Miles
Completed**

Day 1 - ½ mile

Day 2 - 1 mile

Day 3 - ½ mile

Day 4 - ½ mile

Initials _____

5 ¾ total miles for the last 2 weeks.

**Total miles
completed during
the 8 weeks:
25 miles!**

**And only
1.2 miles
to the finish!**

My Personal Training Log!

Take some time at the end of each training week to look back on the fun you had. Think of all the great things you did for yourself and your body. Write some of them in your log along with how you feel about your training so far. Next, think of how you can make the next week even better! After the first week, begin scoring yourself in each of the listed areas from number 1 to 10, with 10 being great. Add the three scores up and see if you can improve from week to week. Be honest with yourself when scoring.

Week 1: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 2: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 3: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 4: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 5: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 6: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 7: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 8: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

You're ALMOST there.

See you at the finish line!

Clinic Time!

Great
Story!



The following section is full of great information to help you succeed. Go through each clinic, then share the things you've learned with your friends and family.

The first marathon was run shortly before the 1896 Olympic Games. In fact, it was the trial for the 1896 Greek Olympic Team to qualify for the first Olympic Marathon. The winner of that first Olympic Marathon in 1896 was Spiridon Louis, who finished the 40 kilometer course in 2:58:50. Soon after, in 1897, the first marathon in the United States was run in Boston.

A History of the MARATHON

The first time today's 42.195 kilometer distance was officially used as the marathon distance was in 1908. The distance was made slightly longer so it could begin at Windsor Castle and finish in front of the Royal Box. Then in 1921, the 42.195 kilometer (26.2 miles) distance was adopted as the official marathon distance around the world.

One last thing, not until the 1984 Olympic Games in Los Angeles were women finally allowed to run in the Olympic Marathon. (Well, it was about time!) The marathon has come a long way in the last 112 years. We hope that you'll be a big part of its future.

Nutrition Notes*

Hey, Kids!

Your awesome growing bodies need your help!

What goes in must come out ... soooooo ... if you put good foods into your body, they will convert to fuel and energy, and that's cool. You'll feel better, have more energy and run faster.

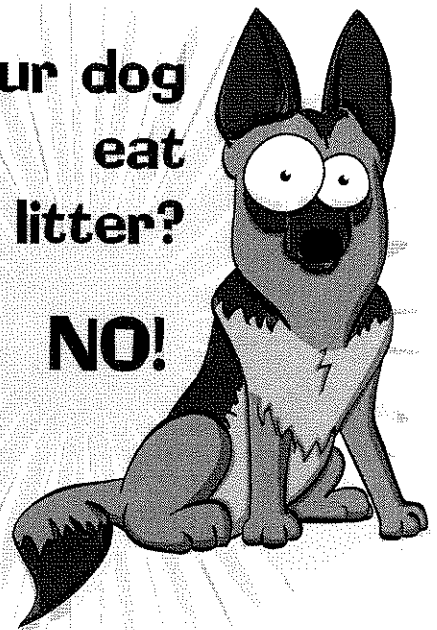
If you put unhealthy foods into your body, you'll feel like a sludge machine, and it will turn to fat, but you knew that!

Does your mom's car run on soapy water? No, it runs on gasoline, which is the correct fuel for a car. Does your dog run on kitty litter? No it runs on dog food — and maybe some of your socks. Dog food is the proper fuel for a dog. We know *you* don't eat a kitty litter, but those potato chips that you sometimes munch aren't far from it. You've got to give your body the things that are right for it; the things that will make it healthy and function at its absolute best.

Here's a weird fact: Someday you are going to be old. Probably older than your parents are now. (We said it was weird.) If you choose the right foods now, at least most of the time, and keep that body moving (which you are already doing with the KidsMarathon) you'll lay the foundation for a much healthier life and be around for your annoying grandchildren ... and maybe *their* children. Now that's weird.

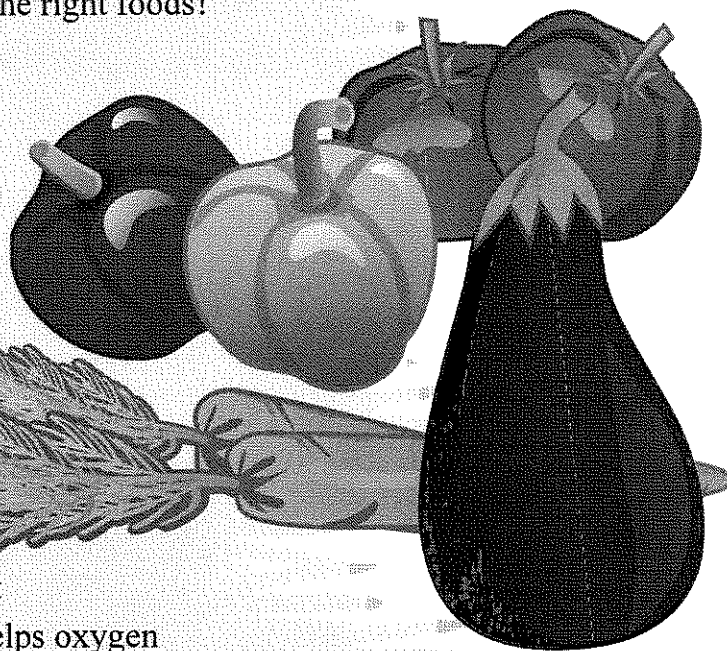
**Does your dog
eat
kitty litter?**

NO!



How? Here's How:

1. **Go low:** Yogurt, salad dressings, cheese, mayo — go for the low-fat version. You won't even know the difference, but your body will have a lot less fat to deal with. Ask Mom to cook your veggies with olive oil instead of butter. And stay away from high-fat things like fried chicken, French fries, pepperoni. Stop groaning — you can have those things once in a while, but most of the time, try to make better choices!
2. **Mix it up:** Eat a variety of good foods. Put some banana on that cereal, have a yogurt with your peanut butter sandwich, have some vegetables and brown rice with that chicken. That way you're filling up on the right foods!
3. **Go pro:** Protein is important for your body to grow and for building strong muscles. Drink your low-fat milk! Try to have a protein-rich food at least two times a day.



What is a Protein-Rich Food?

How About:

1. **Meat, fish (including tuna), chicken, turkey, red meat and darker fish (tuna, salmon)** provide not only protein, but iron and zinc. Iron helps oxygen get from the lungs to the muscles, and zinc is important for growth and healing.
2. **Eggs** pack lots of protein in a tiny package.
3. **Dried beans:** Sound boring? How about hummus, chili, lentil soup, chickpeas, split peas and yummy baked beans...sounding a lot better, isn't it?
4. **Tofu and foods made of soy**, like soy hot dogs, soy hamburgers, and soy chicken fingers. Sometimes you can't even taste the difference. How about edamame? Those little green bean looking things are yummy snacks. **Dare you to try!**
5. **Nuts and seeds** like almonds, sunflower seeds, pumpkin seeds ... maybe not flower seeds!



6. Go for the moo power! **Milk and yogurt and cheese**, all low-fat, of course. Milk not only gives you needed protein, but has lots calcium for growing bones!

Carbs Are Kid's Friends ...

... if they are the right carbs, that is. Healthy carbohydrates from grains, fruits and veggies are the best source of muscle fuel.

1. **Grains** like wheat, rice, corn and oats. Whole grains are the best, even if they are brown. If you actually try whole wheat bread or pasta, you'll find the taste is even sweeter than regular and white bread. Try whole-grain cereals or whole-wheat bagels, oatmeal, brown rice cakes, whole-grain crackers, popcorn, toasted corn chips, corn tortillas, brown rice.
2. **Fruits and vegetables** are nature's vitamin pills. They provide the "spark plugs" needed for your "engine" to run smoothly and powerfully. You should have lots of them each day.

Ask your mom or dad to help you have some handy vegetable snacks ready by having cut-up carrots, cucumber slices, celery and maybe cut-up red pepper strips ready in the fridge. They're great with some low-fat ranch dressing as a dip! And be sure to have at least one vegetable with every meal.

And what could be yummier than a banana and strawberries when you feel like something sweet? Instead of reaching for the cookies, try some fruit instead. What could be better?

Try to eat lots of "colors" of fruits and vegetables:

Red: cherries, strawberries, tomatoes

Blue: blueberries

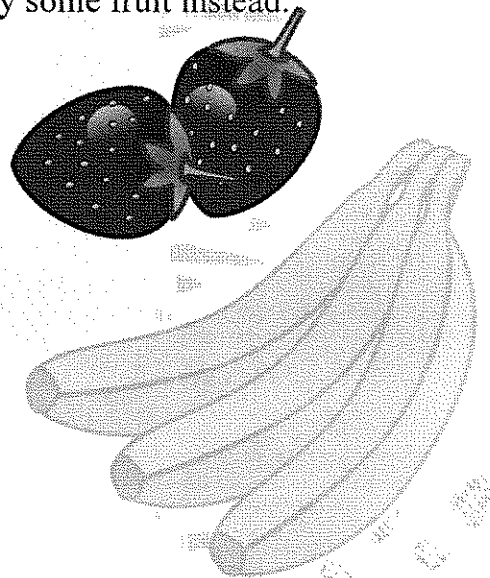
Purple: plums, grapes, eggplant

Green: kiwi, grapes, avocado

Orange: oranges, tangerines, squash, carrots

Yellow: pineapple, summer squash

White: apples, bananas, potatoes



A Great Way to Kick Off The Day

Start with a great breakfast. Don't skip breakfast, ever. It will help control your appetite and energy for the day. And don't forget: Orange juice is a fruit!

Junk Food

It's going to be there, just try not to eat it. Try for better choices. But if you do crave some junk, try not to eat a lot of it. Listen to your body, because it really doesn't want junk food. And remember that fast food is called fast because it moves through your body so fast that it doesn't leave any nutrition in it. Gross? Hey, you ordered it!

Most Important: Water

Drink lots of it. Your body needs it, especially now that you are a KidsMarathon runner. Sometimes it helps to put a bit of fruit juice in your water to make it taste better.

Sodas? Your body is screaming "NO!" Soda has lots of very nasty sugar. And the chemicals in diet sodas are even worse. They can cause a build-up of methane gas in your stomach and that leads to very smelly gas. Sorry, but it's true.

Sports drinks? These are simply sugar and water with a dash of salt. It's better to have water with a bit of cranberry juice or orange juice in it.

Fruit juices? Better than soda, but add some water to them to cut down on the sugar.

Now you have some great information so that you can fuel your body. And it's going to need it, because you're running the same distance as a marathon! So fuel up properly, and get ready for the long run.



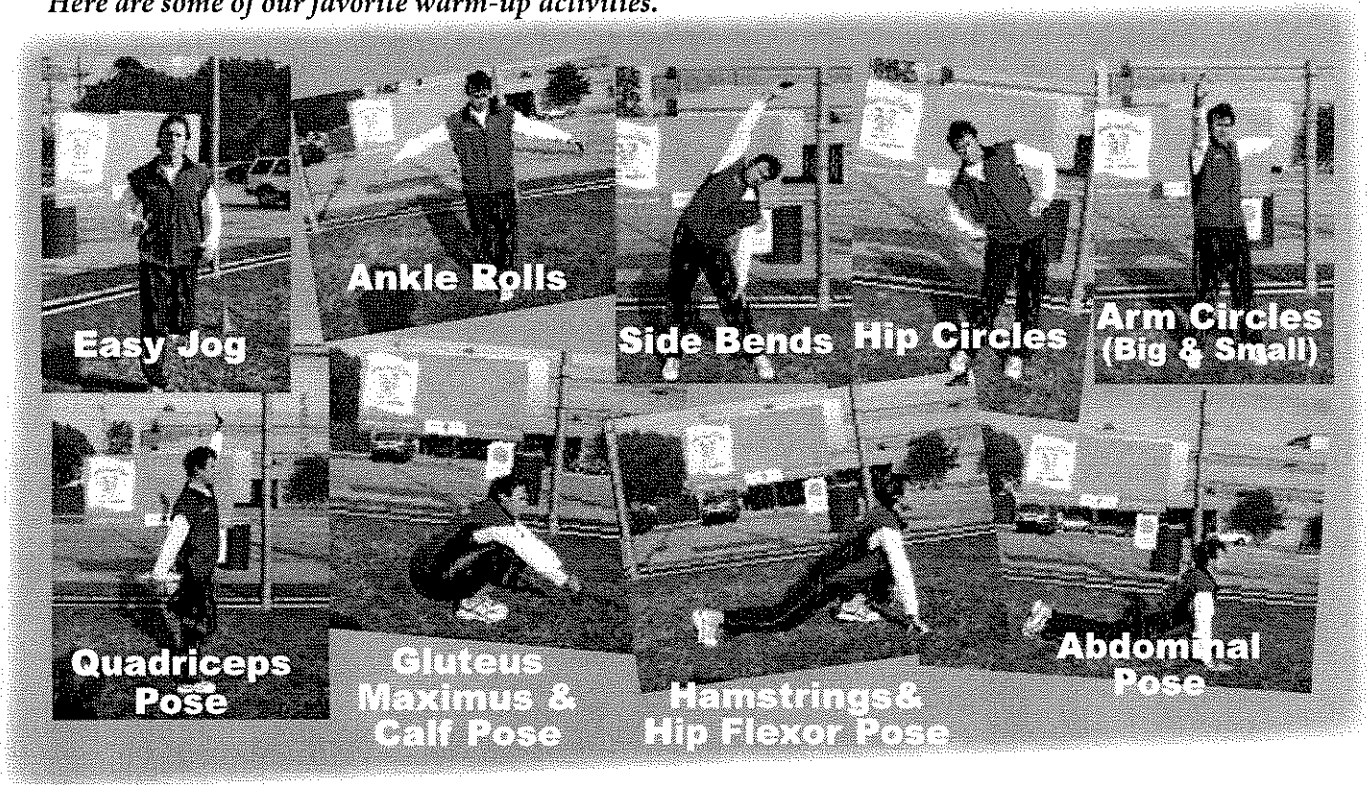
Wow, that is some great advice!
Now it is all up to you.

* Nutrition information provided
by Nancy Clark, MS, RD.
Thanks, Nancy!

Warm-Up

When your muscles are cold, they're not at their best. Much like a piece of bubble gum (it takes a few minutes of chewing before you can blow a great big bubble), muscles need a few minutes of activity to warm-up and reach their full potential. By doing an easy jog and some light stretching before you begin to run fast, jump high, or play your favorite sport, you bring a warm feeling to the muscles that are helping your body to move. This blood warms the muscles, which helps them to stretch farther and with less chance of injury. This extra stretch, just like a rubber band, helps your muscles create more power.

Here are some of our favorite warm-up activities.



Cool-Down

Follow your workout with another easy activity like walking and some light stretching. This will make you feel better after your run and help you to recover for the next day.

A Couple of Quick Clinics!

The Importance of Rest and Recovery

Believe it or not, rest and recovery are a huge part of a good fitness program. When you exercise, your body makes changes so that each time you do the same activity, you can do it even better. However, your body can only make these changes if you allow it to rest. Getting enough rest means:

1. Getting a good night's sleep. Eight hours is good, nine hours is better.
2. Including relaxing activities in your daily routine like reading and spending time with your family.
3. Taking a nap if you're feeling tired.

**BELIEVE
in YOURSELF!**

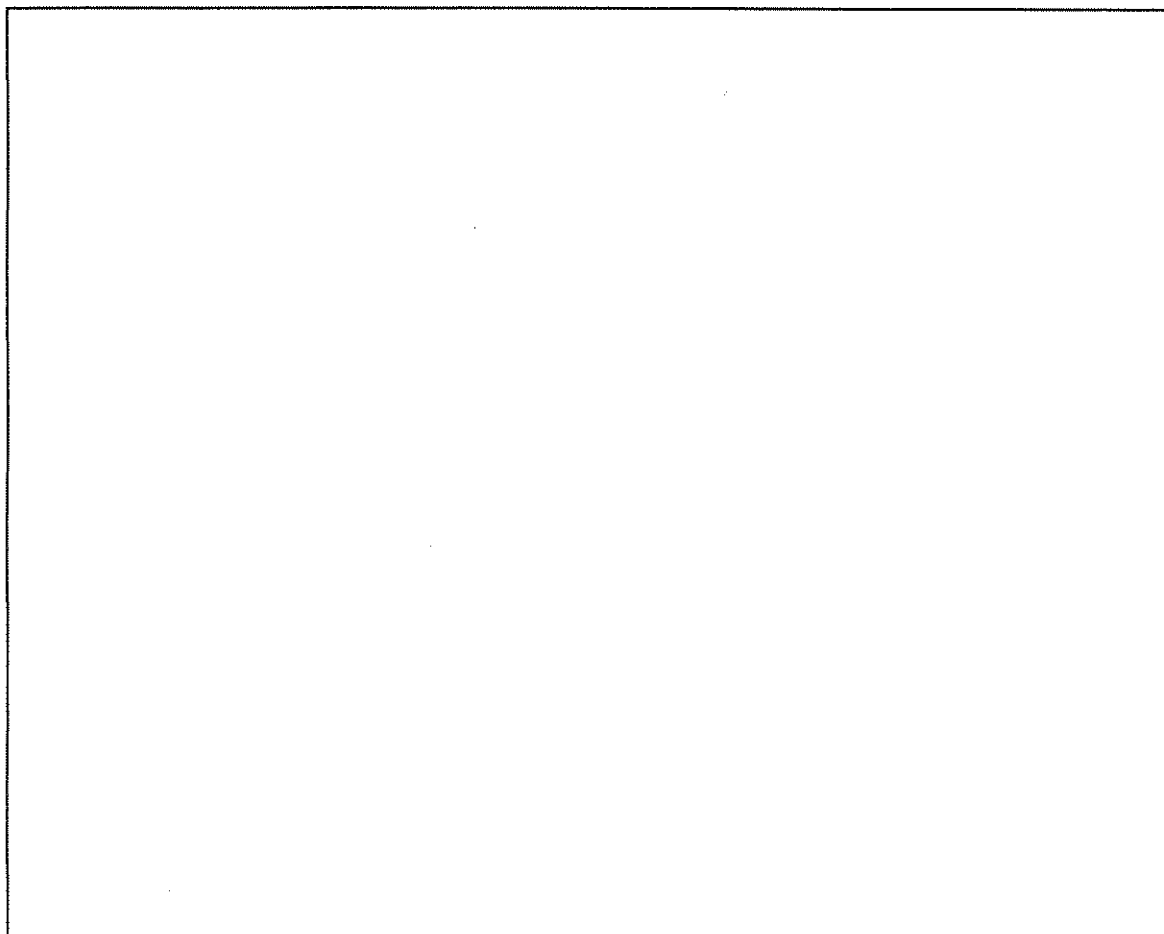
Have confidence that you can accomplish anything in life. If you think you can run the KidsMarathon, you probably can. You just have to believe in yourself and try your best. If you do that, *you're sure to succeed!*

DESIGN THE NEXT KidsMarathon Training Shirt!

After you design your tee shirt, cut out this page using the dotted line. Be sure to write your name, school, and grade at the bottom of the page. Then turn it into your teacher or coach (KidsMarathon officials will pick up these forms from your school). Your design could also be the front cover of the next KidsMarathon Training Guide and Activities Booklet. You might win a great prize from our sponsor, Springfield!

You can submit your design on a separate piece of paper, but only **one** design per person will be accepted. Entries must be submitted by Friday, May 15, 2009.

cut along the dotted line



Name _____

School _____ Grade _____

Find Them

f
y
o
u
c
a
n
!

A KIDSMARATHON- word search

D H K P B R U N N E R O C
C S O K E M Q W I Z P G T
O I I Z S X I N C L E V I
H N U V R N R E T A W I F
N I G O N P C M P L G C C
U F S E C H A M P I O N X
T E R M A E T A H M O L P
R S B N S M U I C O Z D R
I V I W T W Q E A T C E G
T L X C A P E G O Y Z V O
I B Z P N I S A C M T I C
O C I L C Q I T W G Z N C
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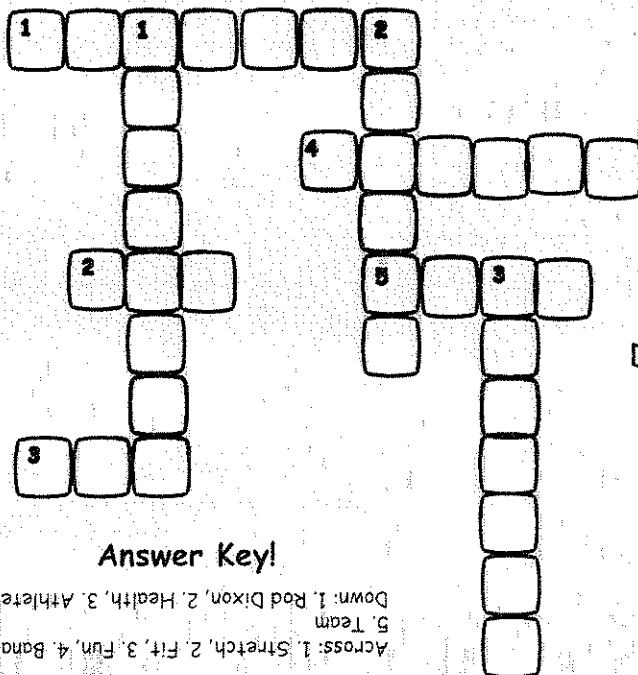
Here is your list of words!

1. Runner
2. Nutrition
3. Los Angeles
4. Water
5. Fit
6. Winner
7. Team
8. Champion
9. Coach
10. Finish

A KIDSMARATHON- crossword puzzle

Across:

1. _____ before and after every run.
2. When you are in shape, you are _____.
3. Friends make exercise _____.
4. A tasty yellow fruit.
5. You are now a member of a _____.



Answer Key!

Across: 1. Stretch, 2. Fit, 3. Fun, 4. Banana, 5. Team
Down: 1. Rod Dixon, 2. Health, 3. Athlete

Down:

1. Winner of the 1983 NYC Marathon.
2. _____ and fitness.
3. A person who plays a sport or runs.

Help Bill Rodgers Find the Finish!

Start Here

**Bill Rodgers
is an Olympian
and
four-time winner
of the Boston
and New York
marathons!**



My Marathon Memories!

Place your picture here!



Your friend Rod

Place your picture here!

You're now a marathoner!
Place a picture of yourself
training so you can share
your experience with your
family and friends.

Good Luck From Good Friends!



Dear KidMarathoners,

I want to salute you kids who take a step up to become athletes beginning March 30th. Most people will never run any race in their lives. Some will never run a mile. Now, you have a chance to be a part of one of the world's great marathons; The Los Angeles Marathon, and run on behalf of your school, and represent your family and friends. Running in the KidsMarathon is a way to show your family, teachers, and *everyone* watching; you took the challenge, finished the race, and now won your medal. No one can take that from you! Have a wonderful time in the days ahead as you run with your friends, become fitter and faster, and aim for Race Day! Run like the wind!

Bill Rodgers

Olympian and four-time winner of the Boston and New York Marathons



KidsMarathon Runners,

Running is a great way to have fun and stay in shape. It's a sport everyone can do! The great thing about running is the more you do it, the easier it gets! You don't have to be fast, you just have to try hard. Before you know it you'll be running like a champion!

Ed Eyestone

Coach of BYU, two-time Olympian and winner of the famous Bay to Breakers 10k Columnist, Runner's World Magazine



To the KidsMarathoner Runners,

Congratulations to you all on taking up the challenge of 26.2 miles! Your commitment to your goal will show you how easy it is to achieve a big task by taking it step by step. Along the way you will prove to yourself and others that you can do anything that you set your mind to. Running is a wonderful activity that teaches you to be fit and healthy. Remember, we each have one body to live in so we need to take the best care of it by doing some exercise every day. By taking part in the KIDSMARATHON™ you set a fine example. I am proud of you all, boys and girls!

Lorraine Moller

Four-time Olympian, Olympic Marathon bronze medalist and Boston Marathon winner



Hello to all KidsMarathon runners:

Being in good health is very important for all of us. You know, it's very simple what I say to everyone, "I just love running and it has improved my quality of life."

I have been a runner with the LA Roadrunners for over 18 years and in that time I have completed many Marathons. I say very enthusiastically to all my friends, "I really love running for all the friendships I have developed and the camaraderie during training". Setting goals is important and there is no bigger goal than training to run a marathon. It inspires me every day and I will "keep it up for life." *¡Buena suerte!*

Fidel Martinez
LA Roadrunners

Connecticut Association of Schools

KIDSMARATHON

For up to eight weeks, beginning March 30, 2009 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 May 30, the day of the state celebration at Southington High School. 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 at the Southington High School. Each student who finishes the KIDSMARATHON program will receive an official KIDSMARATHON PIONEER Medal, and attend a Rod Dixon hosted race day celebration event, where they will receive a signed Rod Dixon VICTORY POSTER. 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 \$10.00 by April 22, 2009
Payable to Connecticut Association of Schools

Mail Completed Forms & Check To:

Connecticut Association of Schools
30 Realty Dr.
Cheshire CT 06410
ATTN: Barbara O'Connor

QUESTIONS?
Call Dave Maloney 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, Southington Public Schools, Rod Dixon, KIDSMARATHON, the town of Southington 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