



For up to eight weeks, beginning in March, 2019, Connecticut elementary students (ages 7 to 12) will train using the KIDSMARATHON Training Guide, mentored by their parents/guardian. This 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 25.2 miles before the days of the celebrations to be held at Cheshire High School, New Fairfield High School, Glastonbury High School, E.O. Smith High School in Storrs, Torrington High School, Trumbull High School, Library Park in Waterbury, and East Lyme High School, 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!

Any school that has further questions regarding this event may

Contact *Cherese Miller or Anna Flores at 203-250-1111*

Entry Fee: \$8.00 per student Includes medal and handouts

- Please submit payment to your child’s school
- The School will then make **one payment in full** to the Connecticut Association of Schools

ATHLETE ENTRY FORM: *Please fill out all information completely*

PHONE NUMBER IN CASE OF EMERGENCY ON RACE DAY _____

Student Last Name Student First Name

Gender Age Date of Birth

Mailing Address

School Name, City/Town

Email Address

Home Phone

RELEASE FORM: *Both Signature and Medical Release Lines Below 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 the Connecticut Association of Schools, Cheshire, New Fairfield, Glastonbury, Region 19, South Windsor, Trumbull, Torrington, Waterford, Waterbury Public Schools, Waterbury Parks and Rec., Rod Dixon, KIDSMARATHON, the towns of Cheshire, Danbury, Glastonbury, the Region 19 District, South Windsor, Torrington, Trumbull, East Lyme, 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 award 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 DATE

MEDICAL RELEASE*

*Parent/Guardian Permission for Medical Treatment