

MARATHON KIDS

QUICK START GUIDE

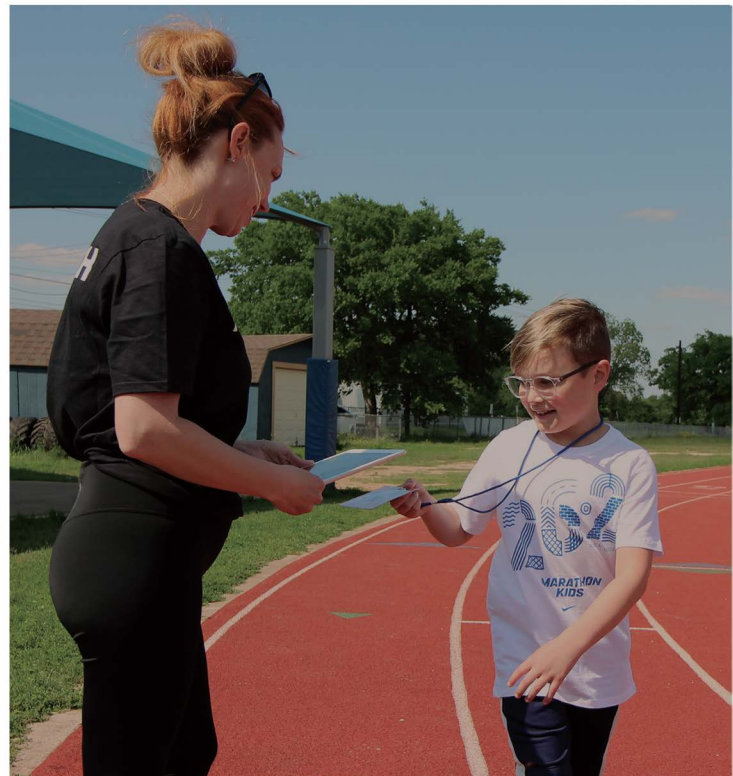


MAKE A GAME PLAN

Here are a few things to consider before registering your Marathon Kids run club.

CLUB BASICS

- Who will be the head coach?
- What are the start and end dates of your run club season?
- What is your distance goal for the season: 1, 2, 3, 4 or +5 marathons?
- Estimate the number of participants.



TRACKING MILEAGE

- Calculate the distance of one lap around your track, field, or wherever your club will run.
- Heart-pumping physical activity also counts for mileage. Every five minutes equals a quarter of a mile.

HERE ARE A FEW EXAMPLES:

- 20 minutes of game time = 1 mile
- 15 minutes of student-led exercises = .75 mile
- 10 minutes of jumping rope = .50 mile
- 5 minutes of indoor Go Noodle = .25 mile

YOUR RUNNERS + SUPPORTERS

- When you create your run club roster online, it will help to sort your runners by grade level and class name.
- Supporters can be invited to join your run club at registration.

YOU'RE ALL SET! TIME TO REGISTER AT MARATHONKIDS.ORG