Best Practices from Marathon Kids’ School and Community-based Coaches

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SAMPLE

ASSESSMENT
Survey from Schools & Community-Based Coaches

ESSA EVIDENCE
Level 4

GRADES
1-12

EVALUATION PERIOD
2018-2019

KEY FINDINGS

• Marathon Kids reached over 65,000 1-12 Grades across 35 states.

• On average, schools provided of 112 minutes of walking or running each week with Marathon Kids programming.

• Half of kids (49%) completed the equivalent of 3 or more marathons (78.6 miles) in one year.

• Coaches are highly satisfied with Marathon Kids (average score of 51 out of a high of 56).

BACKGROUND

Building from the importance of shared common knowledge and co-learning with stakeholders within real-world settings for children’s physical activity promotion, researchers explored best practices for the implementation of children’s running clubs based on a national sample of U.S. adult volunteer Marathon Kids coaches.

METHOD

To demonstrate a rationale (Level 4) and inform successful program implementations, a survey was completed by 478 Coaches that reflected on the 2018-2019 school year programming.

CONCLUSION

Strengths and lessons learned documented in this study provide a strong foundation for the overall approach of Marathon Kids. Engaging and co-learning with the vibrant Marathon Kids’ community produced best practices for advancing Marathon Kids’ mission of providing a path for healthy youth development through running.

HIGHLIGHTED FINDINGS

Marathon Kids Structured Programming Goes Beyond PE Class

Marathon Kids provides over 100 additional weekly minutes of walking and running time outside of PE class

Marathon Kids Pillars & Evidence-based Best Practices

Goal Setting
Kids Set Small & Large Goals

Group Tracking
Track Individual/Group Miles

Model the Way
Coaches Lead By Example

Social Support
Parents & Supporters Encourage Physical Activity

Celebrating
Celebrate Achievements

Rewarding
Coaches Provide Positive Reinforcement