



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

kids MARATHON

UNIVERSITY OF WASHINGTON
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10 am
NOVEMBER 28, 2009
AT MEMORIAL STADIUM

seattlemarathon.org

UNIVERSITY OF WASHINGTON
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What is the Seattle Children's Kids Marathon?

The Seattle Children's Kids Marathon 2009 is structured to allow children — kindergarten through eighth grade — to complete a full 26.2 mile marathon at a rate that is fun and safe for their growing bodies... "one mile at a time." It also encourages them to read 13 books and accomplish 13 do-rights (good deeds) which equals 26 miles.

For suggestions of books and do-right ideas, visit the Seattle Children's Kids Marathon page at seattlemarathon.org. There you can download trackers for miles, books, and do-rights and use them to chart your progress.

The first 25 miles are "honor" miles. Run or walk them in one half or one mile increments, on a safe secure route designated by parents, coaches, mentors or teachers.

Kids run the last 1.2 miles of their marathon together on race day, Saturday, November 28, 2009. Marathoners are encouraged to come early and gather at Memorial Stadium to turn in their miles, books and do-right trackers, prepare for the race and enjoy pre event activities. From there, they will move to the start at 5th and Harrison where parents, coaches, mentors or teachers may accompany their marathoner on their 1.2 mile run around the Seattle Center and across the finish line in Memorial Stadium. As kids cross the Finish Line they greeted with a bottle of water and a Space Blanket, then proceed through a secure finisher chute to the Victory Recovery Area, located in the Seattle Center Exhibition Hall. There the kids will meet up with family and friends to enjoy the post-event festivities with Radio Disney and receive their Finisher's Shirt and goody bag containing their Finisher Certificate and their Medal.

How do you register?

Register online by November 18 at seattlemarathon.org or return your completed entry form by store closing on November 15 to any of our sponsor running stores:

Fleet Feet • FootZone (Bellevue, Issaquah and Redmond)
Road Runner Sports (Seattle and Kent) • Route 16 Running and Walking • Run 26 • Running in Motion • Seattle Running Company • South Sound Running (Olympia and Tacoma) & Super Jock & Jill

Register by mail through November 13, 2009:

Seattle Marathon Association
P.O. Box 31849, Seattle, WA 98103

NOTE: Send in your entry form early! You don't have to complete your miles, books or do-rights before you register!

If your class would like to participate in the Seattle Children's Kids Marathon 2009 together, send in all your entry forms together. If you need a bundle of entry forms, please call the Seattle Marathon Association Office at 206.729.3660 or toll-free at 866.783.9450.

Once your completed entry form and fee are submitted, you will receive confirmation of your registration along with your award tokens and mile certificates. Included will be instructions about picking up your packet from the Amica Seattle Marathon EXPO on November 27 at the Westin Hotel or on Race Day at Memorial Stadium on November 28. We will also give you a map of the Kids Race Day Course. The map shows the Start Line and where family and friends can watch you finish.

How to complete your marathon

1. Find a safe place for you to run.
2. Walk or run 25 miles, read 13 books and do 13 do-rights between September 1 and November 27. See the schedule on the other side of this brochure for help in planning your runs.
3. Come to the Seattle Center on Saturday, November 28, 2009 to run the final 1.2 miles of your Marathon! Don't forget to bring your trackers!

Some training tips for your marathon

1. Wear running shoes, tennis shoes or sneakers with socks. Proper footwear helps prevent blisters and foot problems.
2. Run/walk with a friend. This way you can encourage each other. Talk while you run/walk and you will keep the perfect pace.
3. Stretch your legs every day that you run. Stretching helps prevent injuries. Hold each stretch for 20 seconds without bouncing up and down.
4. Drink lots of water after you run and throughout the day. Water helps your muscles do their work.
5. Get plenty of sleep. Your muscles need lots of rest so you can keep running/walking every day.
6. Eat a well-balanced diet including lots of protein and carbohydrates. Your body needs fuel to do its work!

Donations

An optional donation may be made to any of our Official Charity Partners. Visit seattlemarathon.org for more information.

Awards

You get the following awards for finishing each "mileposts":

- 13 Books: a special certificate
- 13 Do-rights: a special certificate
- 5 miles: award token, chain and award certificate
- 10 miles: 10 mile award token and award certificate
- 15 miles: 15 mile award token
- 20 miles: 20 mile award token and award certificate
- 25 miles: 25 mile bonus award token
- Final 1.2 miles: Award Certificates, Finisher t-shirts, Space Blanket and medal will be presented to kids who attend the final 1.2 miles on race day.

Sign up Today!

