



MARATHON KIDS DO BETTER

Marathon Kids get more out of running clubs than improved fitness alone.

IN-THE-CLASSROOM BENEFITS

- Better concentration and memory
- Enhanced academic performance
- Improved classroom behavior

OUTSIDE-THE-CLASSROOM BENEFITS

- Self-esteem and self-confidence boost
- Improved health and happiness
- Stronger ability to cope with stress and anxiety
- Better participation and teamwork

LIFELONG BENEFITS

Marathon Kids running clubs create the perfect opportunity to discuss other topics in a fun, practical way. Use some of the ideas below to keep your kids engaged in their academics while keeping their feet moving.

- **Geography:** Take your running club's combined mileage and find destinations that kids could reach with the total. Talk about ways they could get there - by car, plane, boat - and which one would be the quickest.
- **Language Arts:** At the beginning of each lap, give your runners a new running-related word to spell. Once they've made their way back to you, quiz everyone together. Examples: marathon, recovery, muscle, tempo.
- **Mathematics:** Marathon Kids Mileage Logs divide each mile into quarters - use the logs to explore adding and subtracting simple fractions.
- **College Planning:** Decorate your club's progress board with popular university logos. When kids land on a new school, engage them with interesting facts about the school's location, programs and mascot.

Marathon Kids **SWEAT**. They get **STRONGER**.
They get **SMARTER**. They gain **CONFIDENCE**.
They work as a **TEAM**. They live life **BETTER**.