

HOW TO USE REWARDS



Research shows that positive reinforcement around physical activity helps kids create lifelong healthy habits. Because of this, Marathon Kids take rewards seriously and so should you. Each participant should understand that rewards are reserved exclusively for kids participating in your official Marathon Kids running club and are earned only when they reach the mileage goals outlined below. This teaches kids about the importance of goal setting and maintains the integrity of the program for all runners.

WHEN ARE REWARDS HANDED OUT?

Runners should receive their rewards as soon as they meet each goal, with the exception of the fourth reward which runners should receive at the Finisher Celebration. We recommend handing out rewards at the beginning of each run club session, inspiring the other kids to go the extra distance and earn their reward.

Each participant earns the following rewards once they reach the distance of 1, 2, 3 and 4 marathons:

- a. Marathon #1 Reward - 26.2 miles
- b. Marathon #2 Reward - 52.4 miles
- c. Marathon #3 Reward - 78.6 miles
- d. Marathon #4 Reward - 104.8 miles
- e. Each participant will receive a Marathon Kids **Mileage Certificate** for the amount of miles he/she completes

WHEN DO YOU ORDER THE 4TH REWARDS?

You will receive an email towards the end of your season reminding you to log in to your account to submit Finisher Data and order rewards for kids who will meet their goal of 104.8 miles. The Finisher Data survey requires you to enter your running club's mileage at the end of your season and will also ask for your feedback on how the season went. Once we receive your Finisher Data, your rewards for the kids that reached their goal of four marathons will be sent to you.

WHAT IF YOU HAVE EXTRA REWARDS?

We expect unearned rewards to be shipped back to Marathon Kids. At the end of your season, email programs@marathonkids.org to receive a shipping label and detailed return instructions.