



MARATHON KIDS

HEY COACH!

Keeping parents informed about your Marathon Kids club helps you build support and helps us create awareness of our mission. We've provided you with a sample email to share. Feel free to adapt as desired for your running club.

Welcome to the _____ [insert name of club] running club!

We are so excited to kick off our running club season with Marathon Kids, a non-profit organization on a mission to get kids moving! Through running, Marathon Kids clubs show kids they can achieve more than they ever thought possible.

By participating in this program, your child will learn how to set goals, track their progress, and celebrate not only their success but the success of others, too. And did I mention they'll earn cool Nike incentives?

Thank you for supporting the opportunity for your child to get active while having fun, meet new friends, and gain self-confidence. As a coach, I'm dedicated to helping create lifelong healthy habits and providing a motivating and enjoyable experience for all kids.

As the season continues, please check in with your child by asking questions like "What mile are you on?" and "How does running make you feel?" and "Did you encourage anyone today during club time?"

Lastly, we would love for you to join us when you can! Modeling the importance of physical activity is known to help kids develop healthy habits that last a lifetime.

(Fill in details of your club here.)

See you at running club!

Coach _____.