

Marathon Kids: Parent FAQs

WHY A MARATHON KIDS RUNNING CLUB?

Since 1995, Marathon Kids has worked with schools, families, and communities to implement fun, simple and effective running clubs. Marathon Kids' programming has been proven effective, even transformational, through world-class research, which is evident in our framework pillars of **Goal Setting, Group Tracking, Social Support, Modeling, Celebrating, and Rewarding.**

WHAT IS INCLUDED IN THE \$15 COST?

In addition to developing a lifelong love for physical activity, every kid gets an awesome experience that they'll remember forever. Plus, the best rewards and incentives in the business:

Reward for one marathon (26.2 miles): Exclusive Nike T-shirt

Kids proudly wear this shirt, which shows how many miles they have run and their involvement in a Marathon Kids running club.

Reward for two marathons (52.4 miles): Exclusive Nike Shoelaces

Kids lace up their shoes with their cool Nike laces to signify the completion of their 2nd marathon.

Reward for three marathons (78.6 miles): Exclusive Nike Deubrés (shoe tags)

Kids adorn their shoes with these elite silver shoe tags to show their amazing accomplishment of running 3 marathons.

Reward for four marathons (104.8 miles): Exclusive Nike Finisher Bracelet

Kids proudly display their accomplishment of running 104.8 miles by wearing a custom Nike bracelet with a gold charm signifying the distance they have completed.

(The price of the program is the same regardless of the number of miles your child completes.)

WHY 104.8 MILES?

Because sometimes, when you think you've gone as far as you can go, you can go a little bit farther. Marathon Kids has determined that an average kid can safely and effectively meet the goal of accumulating 104.8 miles, incrementally, over the course of a running club season. All distance goal recommendations are based on the fact that most kids can run or walk at least one mile every 20 minutes.

HOW ARE REWARDS EARNED?

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

WHY SET GOALS?

Goals help kids develop self-reliance and grit. They teach kids to think past the immediate future, and strive for something greater than they ever thought possible. In running clubs, kids set their long-term goal (104.8 miles), as well as shorter goals throughout the season, and earn rewards along the way. These goals are key to long-term behavior adoption.

WHAT IS MILEAGE TRACKING?

At the heart of the Marathon Kids program is tracking. Accurate tracking lets the Coach know when to hand out rewards and inspires runners to go the distance. Your child will receive Mileage Logs to track their progress, and keep them motivated, throughout the season.

HOW CAN I HELP? Kids' greatest motivators are their parents. Talk to your child's Coach about volunteering at running club sessions and events. Visit our website at marathonkids.org/pacers-club/ to join the Pacer's Club, showing your child how much you believe in them, and learn how to donate to Marathon Kids.