

First Tech[®]
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**SEATTLE KIDS
MARATHON**



SATURDAY, NOVEMBER 30 @ 10AM
THANKSGIVING WEEKEND

HOWEVER YOU RUN, THE FIRST TECH SEATTLE KIDS MARATHON IS THE RUN FOR YOU
JOIN OVER 65 LOCAL SCHOOLS

THE FIRST 25 MILES OF THE FIRST TECH
SEATTLE KIDS MARATHON ARE "HONOR" MILES.

RUN OR WALK IN 1/2 MILE OR 1 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.

SEATTLEMARATHON.ORG

LET'S RUN. RUN. RUN.



WE HAVE RECEIVED YOUR CHILD'S ENTRY FOR THE FIRST TECH SEATTLE KIDS MARATHON!

SATURDAY, NOVEMBER 30, 2019

Race start time is 10:00 am. Please arrive by 9:00 am.

1 The first 25 miles are "honor" miles. Kids get the most from this experience if they earn these miles. Measure a safe, secure route, which will allow easy record keeping. A typical city block for example, is approximately 1/4 mile around. The track at the local high school is 1/4 mile around. You can even measure a route inside your home and run/walk it to reach the mileage goal. We encourage you to join your kids and make this a family event. Please follow the training tips on page 4.

2 As your marathoner completes his/her goals, he/she can keep track of progress using the following trackers (which can be downloaded from our website):

Run-O-Meter
Read-O-Meter
Do Right-O-Meter
Eat-Right-O-Meter

They can also use the Adult Marathon map to see where they would be if they were on the adult course. Daily record keeping is a lesson as kids chart their progress toward their goal.

3 Please present the "award certificates" at 5, 10, 15 and 20 miles. Special Read, Do-Right, Eat-Right and Run Certificates are also included and should be handed out for each goal reached. Make the awards presentation a special time. Recognition is important!

4 The final 1.2 miles will start at 10:00am on Saturday November 30, 2019 at the Seattle Center. Kids and parents should arrive no later than 9:00am at the kids staging area located inside Memorial Stadium in the north bleachers, where we will have pre-event activities. Make sure to bring your tracking meters so we can post them at the event on Race Day! Kids, parents and race officials will move from there to the Start Line together.

Please Note! Parents/Coaches, you may run with your child, but it is not mandatory. If you do choose to run, you will be required to wear a bib/runners number. For safety, no one is allowed on the course without a bib. Each child may have only one adult accompanying them. Every child who enters the event will be given two bibs with the same number—one for the child and one for an accompanying adult. For lost parent/child reasons, the child and adult bibs will both contain the child's information. If you have a younger child in a stroller accompanying you, that child will have to be entered in the event and have a bib number to be on the course.



LET'S RUN. RUN. RUN.



IMPORTANT RACE DAY INFORMATION

SATURDAY, NOVEMBER 30, 2019 Race start time is 10:00 am. Please arrive by 9:00 am.

Bib Pick Up. Participants must wear their official Bib Number pinned to their front. To claim your Bib Number, come to one of the following locations and times. Note: Kids running with groups can get their Bibs from their group leaders. Confirm your group's procedure with your group leader.

Date/Time

November 29, 2019 (Friday)
11:00 a.m. to 8:00 p.m.

Location

Amica Insurance Seattle Marathon Health & Fitness EXPO 2019
The Westin Seattle, Downtown Seattle

The EXPO at The Westin Seattle provides a great opportunity to participate in the total "marathon experience," to learn more about fitness and enjoy several different kinds of goodies.

Date/Time

November 30, 2019 (Saturday)
(Check-in 7:30 a.m. to 9:30 a.m.)

Location

First Tech Seattle Kids Marathon Staging Area
North Bleachers — Memorial Stadium, Seattle Center.

Participant shirts will be handed out with the bibs. Pre-ordered finisher items will also be available with bib pick up or inside the VRA post race. Be sure to turn in your trackers at bib pick up as we will be holding prize drawings. Each tracker turned in = 1 raffle entry.

2 Arrive early. More than 700 kids are expected to participate in the First Tech Seattle Kids Marathon, so traffic will be a challenge and parking will be at a premium. Parking near Seattle Center is available in several pay lots. Limited on-street parking will also be available. More information is available on our website Seattlemarathon.org.

3 Check-In. Enter Memorial Stadium through the southeast gate (off 5th Avenue nearest the Space Needle) and report to the First Tech Seattle Kids Marathon staging area, North bleachers. You will be able to claim your child's bib number if you have not done so already. The North side bleachers are covered, but dress warmly as everyone will be outside prior to the start. Please remember many kids will pick up their bibs the day of race, so get there early and allow extra time to get your bib or find your group leader, if your child is running in a group.

4 Start. Kids, parents and race officials will move as a group from Memorial Stadium to the Start Line on Republican St. You are encouraged to accompany your marathoners to the start line and, if you wish, run/walk with them on the final 1.2 miles. If you aren't running/walking with your child, please cheer from the sidelines and take photos!

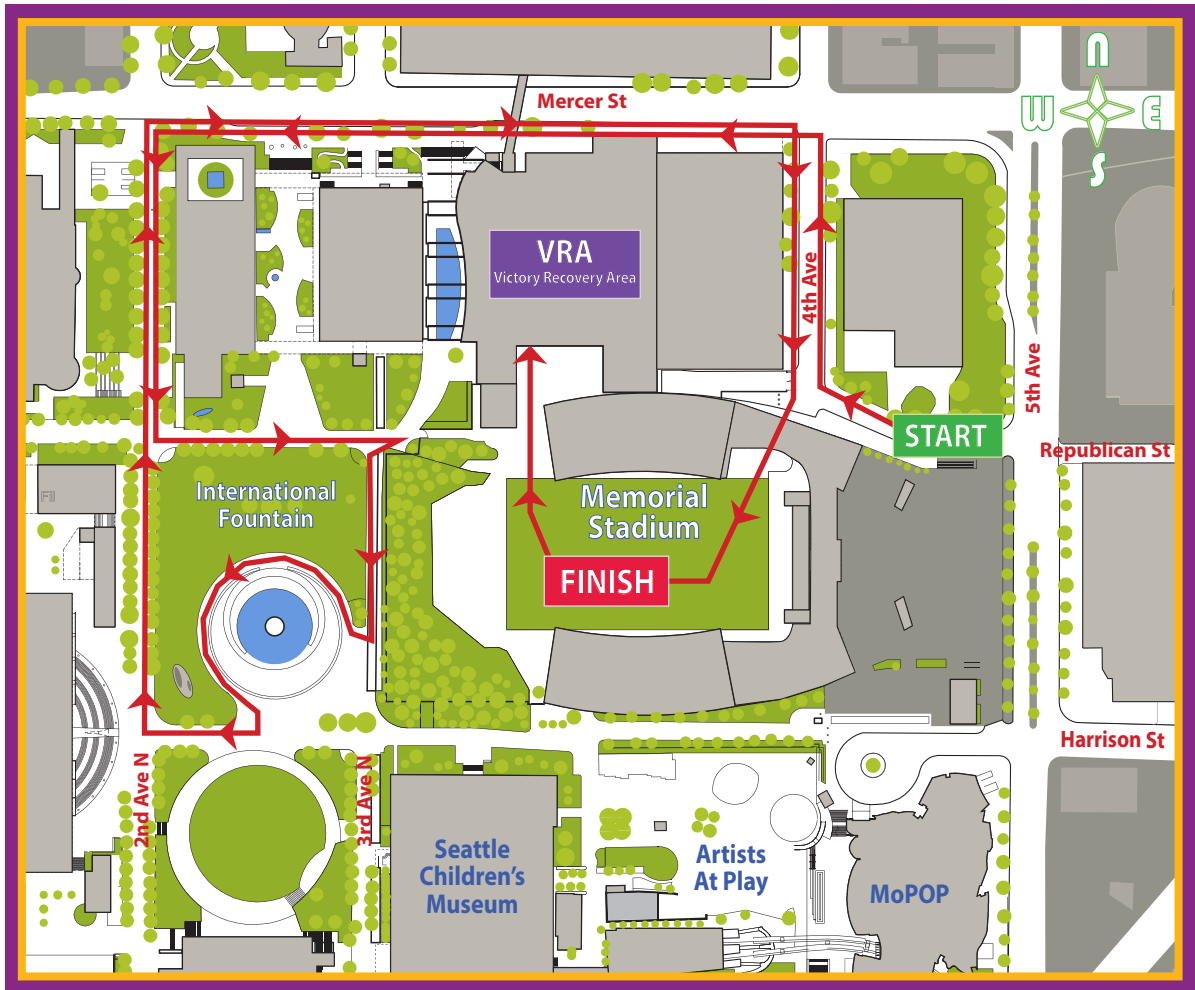
5 Course. A map of the route is included and will be available both at the EXPO and the Kids Staging Area.

6 Finish. Parents, please stay out of the marked finishing lane in Memorial Stadium. Also, please remember that no animals are allowed in Memorial Stadium. This is an exciting time and we want all marathon finishers to have the best marathon experience possible. There should be plenty of good camera angles and spectator viewpoints in the stadium outside the finishing lane.

7 Post Race Goodies. After the kids cross the finish line, they will receive their finisher medal, water and space blanket. Kids then proceed through a secure finisher chute to the Victory Recovery Area, located in the Seattle Center Exhibition Hall. Goody Bags will be handed out on the ramp into the VRA and, once inside, kids will meet up with family and friends to enjoy the post-event festivities vendors, food, music and fun.

We hope this event will help you to make fitness a "family affair". If you need any assistance or advice during the training phase of the program, please don't hesitate to call the Seattle Marathon Association at (206) 729-3660 or email: kids@seattlemarathon.org.

LET'S RUN. RUN. RUN.



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LET'S RUN. RUN. RUN.



HOW TO COMPLETE YOUR MARATHON

- 1** Find a safe place to run.
- 2** Walk or run 25 miles, read 13 books, eat 26 healthy meals and perform 13 do-rights (good deeds) before November 29th.
- 3** Look at the schedule below for help in planning your runs.
- 4** Come to the Seattle Center on Saturday, November 30, 2019 to run the final 1.2 miles of your Marathon! Don't forget to bring your trackers!

TRAINING TIPS FOR YOUR MARATHON

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

A TRAINING SCHEDULE FOR YOUR MARATHON

Below is a training schedule with suggested distances or you may set up your own schedule. If you can only run or walk a little, keep trying. If you run or walk more than a mile per day, great! If you play a lot of soccer or other sports where you run a lot, this may be easy. Just remember to space your workouts so you are prepared to run or walk the final distance on Marathon Saturday! Early completion of the program is not recommended. The schedule leaves Saturdays and Sundays available for make up days or to give you a rest day during the week. It is important to keep track of your progress toward your goal. As you complete each mile, color or mark off each mile on the Run-O-Meter.

Monday, Oct 21 - Sunday, Oct 27	.5 mile / weekday	2.5 miles total
Monday, Oct 28 - Sunday, Nov 3	.5 mile / weekday	5 miles total
Monday, Nov 4 - Sunday, Nov 10	1 mile / weekday	10 miles total
Monday, Nov 11 - Sunday, Nov 17	1 mile / weekday	15 miles total
Monday, Nov 18 - Sunday, Nov 24	1 mile / weekday	20 miles total
Monday, Nov 25 - Friday, Nov 29	1 mile / weekday	25 miles total
Race Day! Saturday, Nov 30	1.2 miles	26.2 miles total