

LET'S  
RUN. RUN. RUN.

# SEATTLE KIDS MARATHON



# LET'S RUN. RUN. RUN.

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

**1** 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.

**2** As your marathoner completes his/her goals, he/she can keep track of progress using the following trackers:

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

Daily record keeping is a lesson as kids chart their progress toward their goal.

**3** Please present the award certificates and tokens 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!

Kids get the following awards for finishing each of these mileposts:

13 Books: A special certificate  
13 Do Rights: A special certificate  
26 Good Meals: A special certificate

5 miles: chain, shoe token and award certificate  
10 miles: Good effort token and award certificate  
15 miles: Runner token and award certificate  
20 miles: book token and award certificate  
25 miles: 25-mile token and award certificate  
26.2 mile: Finisher medal and completion certificate

**4** The final 1.2 miles, make them special!  
Plan the final 1.2 mile run in a safe location, set up a finish line and invite family and friends (from a safe distance) to come cheer.

Report your results and share any race photos to your EnMotive.com account by Thursday, December 15, 2020.  
Prizes will be awarded based on participation and social media engagement.  
Submit your results and photos or use #rusea & #seattlekidsmarathon on social media to be eligible for prizes.





## 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).
- 3 Look at the schedule below for help in planning your runs.

## 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.

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.

Week One	.5 mile / weekday	2.5 miles total
Week Two	.5 mile / weekday	5 miles total
Week Three	1 mile / weekday	10 miles total
Week Four	1 mile / weekday	15 miles total
Week Five	1 mile / weekday	20 miles total
Week Six	1 mile / weekday	25 miles total
<b>Race Day!</b>	<b>1.2 miles</b>	<b>26.2 miles total</b>