

MARATHON KIDS

WHO WE ARE: MARATHON KIDS

Since 1995, we have helped Coaches create real community change through running/walking clubs. Our fun, simple and effective program will help get your kids more minutes of physical activity, eat healthier and develop more self-confidence, which creates long-term healthy habits.

WHAT WE DO: YOUTH RUNNING CLUBS

Whether you want to enhance your current club or start a new running/walking club, Marathon Kids can help you. We provide the training, rewards, tools and resources for you to start and build sustainable running clubs in your community.

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PARTICIPANT REWARDS

THE MARATHON KIDS EXPERIENCE

- ▶ PERSONALIZED SUPPORT
- ▶ COACH'S GUIDE + RESOURCES
- ▶ COACH'S + VOLUNTEER SHIRTS
- ▶ MILEAGE + FUEL LOGS FOR RUNNERS
- ▶ 4 EXCLUSIVE NIKE REWARDS PER RUNNER
- ▶ LEADERSHIP ACADEMY TRAINING
- ▶ ATHLETE VISITS FROM USA TRACK & FIELD FOUNDATION
- ▶ PARENT & COMMUNITY ENGAGEMENT TOOLS

HOW TO GET STARTED

1. MAKE YOUR GAME PLAN.

Plan the details before your club hits the track. Download the Quick Start Guide from our website to walk you through step-by-step: <https://marathonkids.org/running-club-resources/>.

2. REGISTER ONLINE. Once you have your runners and plan in place, register on our website at <https://marathonkids.org/register/>. Then access your Coach's Guide and Coach's Club. Your materials will arrive in 7-10 business days. It's only \$15 per runner.

3. RUN, WALK, FUEL + TRACK. Use the Marathon Kids Mileage and Fuel Logs to track your progress, plus a variety of resources designed to keep you on track during the season. Hand out rewards to your runners as they earn them at each marathon milestone.