

Fitness for Kids Marathon

FOR: Students in kindergarten through 6th grade

GOALS: For kids to have fun, gain endurance, build self-esteem, set and reach goals, make healthy life-style choices, and promote family involvement.

HOW IT WORKS: Marathons are 26.2 miles. For this marathon, participants record their first 25 miles of running and/or walking as they are completed, supervised by an adult, and based on the honor system. Kids can record miles for August, September, and in October the 17th. School Mileage Club laps/miles may be counted.

The Final 1.2 Miles Will Be Completed:

WHERE: Sarge Hubbard Park at the Yakima Greenway

WHEN: Sunday, October 17th at 1:00 p.m. One adult may accompany each child on the last 1.2 miles if desired.

INCENTIVES: Participants will receive an awesome T-shirt designed by John Steenbergen, ribbon, and other cool items.






If you would like to participate in the Third Annual Fitness for Kids Marathon, complete the form below with a parent and return it with \$5 to Barry James, 312 N. 50th Ave, Yakima 98908

Need more information? Contact Barry or Sarah James, 965-7522 or bwjames@peoplepc.com, or check out information on the Hard Core Runners' Website: www.hcrunners.org

Fitness for Kids Marathon!

Sponsored by the Yakima Hard Core Runners' Club

MILEAGE RECORDING SHEET

1	Name _____ Walk/Run 3 to 4 times a week. Color in one box for every mile you complete. You have until October 17 th to color them all. Ready, Set, GO!!!
2	
3	
4	You've done 5 miles! YOU ROCK! 
5	See you at Sarge Hubbard Park on Oct. 17 th ! Registration begins at 11 am The 1.2 mile run begins at 1 pm.
6	
7	
8	
9	
10	
11	10 Miles! WAY TO GO!
12	
13	
14	
15	
16	
17	
18	
19	
20	20! 
21	Just 5 more! 
22	
23	
24	
25	Get ready for the fun finish!
	You did it! 
	You are awesome! Keep going!

Disclaimer: I know that running a race is a potentially hazardous activity. I understand my child should not enter and run unless he/she is medically able. I agree to abide by the decisions of a race official relative to my child's ability to safely complete the run. I assume all risks for my child associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, including heat and/or humidity. Having read this waiver and knowing these facts and in consideration of your accepting my child's entry, I waive and release the Hard Core Runners' Club from all claims or liabilities of any kind arising out of my child's participation in this event. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and or headsets are not allowed in this race and my child and I will abide by these guidelines.

Yes, I have read the disclaimer above and give permission for my child to participate in the First Annual Fitness for Kids Marathon. I agree to supervise mileage accumulation and recording and will accompany my child to the event on October 17, 2010

Child's Name _____
 Parent's Name _____
 Address _____
 Phone _____
 School _____
 Youth T-Shirt Size (circle): Large Medium Small

Please Make Checks Payable to Yakima Hard Core Runners Club \$5 to:

Barry James
 312 North 50th Avenue
 Yakima, WA/98908