



# KIDS MARATHON: June 1st



DEAR PARENTS: Your student has been invited to start tracking miles for the 16th Annual North Olympic Discovery Kids Marathon. Students are given the opportunity at school to walk or run and earn toe tokens for every 5 miles. This program is a great way to get kids moving and setting healthy goals.

**MORE ABOUT THE KIDS MARATHON:** Kids are an important part of Marathon weekend. Participants from all over the United States and many countries come to the Olympic Peninsula to run in the annual North Olympic Discovery Marathon (NODM). These adults train all year long to be in shape to run the distance. Kids have the opportunity to run their own marathon (26.2 miles). By setting weekly running goals, they track 25 miles for 6 - 10 weeks leading up to marathon weekend. Students keep a mileage log at school and receive incentives every five miles. At the Kids Marathon fun run, the actual NODM course will be theirs and they will run their last 1.2 miles on the waterfront trail and finish under the same banner as the marathon.

All Clallam County students who complete their mileage log and participate at the June 1st event are eligible for the \$500 Kids Marathon Achievement award.

**RACE DAY:** Saturday, June 1st 3pm at City Pier, Port Angeles. Bring your family to the pier between 2 - 2:45 to check-in, get your goody bag, t-shirt, your official race bib number and to get warmed-up. The fun run will start promptly at 3pm! Parents are welcome and encouraged to run/walk with their kids. The 1.2 mile fun run is an out and back on the waterfront trail - starting at the toy boat, running East to the turn around at Francis St. park, and finishing at the toy boat.

**READ AND RUN!** The NODM Kids Marathon is proud to partner with the North Olympic Library! We are challenging all students to exercise their body and their brain. Be sure to check out the Reading log and encourage your student to run and read.

**HOW TO REGISTER:** Use the entry form on the bottom of this page or register online at nodm.com. The entry fee is \$12.00 which includes a t-shirt, goody bag, race bib, finisher medal, and treat at the finish celebration. Kids should register before May 20th to guarantee a t-shirt.

Make checks payable to PAMA and mail completed form to:  
Kids Marathon c/o Angeles Electric, 524 E. 1st St., Port Angeles, WA, 98362

CONTACT INFORMATION: 585-451-0014, nodm@nodm.com      MORE INFORMATION: www.nodm.com

MISSION STATEMENT: To promote kids health and fitness and to promote the marathon weekend as a family festival.



CHILD'S NAME    First: \_\_\_\_\_    Last: \_\_\_\_\_    Male / Female (circle one)

School/Preschool: \_\_\_\_\_    Teacher: \_\_\_\_\_    Grade: \_\_\_\_\_

City: \_\_\_\_\_    State: \_\_\_\_\_

Shirt Size (circle one):    Youth Small    Youth Medium    Youth Large    Adult Medium

WAIVER: I understand that walking or running in a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete. I assume all risks associated with participating in the event, including but not limited to falls, contact with other participants, the effects of weather, traffic and the condition of the road/trail, all such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Port Angeles Marathon Association, the City of Port Angeles, the City of Sequim and Clallam County, all sponsors, contractors, vendors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of the negligence or carelessness on the part of persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legitimate purpose. I also understand that my entry fee is nonrefundable. A parent must sign if an entrant is under 18 years of age. This is to certify that my child had permission to compete in the event, is in good physical condition, and the event officials may authorize necessary medical treatment. I understand that bicycles, skateboards, baby joggers or strollers, roller skates or blades, and animals are not allowed in the race due to the width and nature of the trail, and I will abide by this guideline. It is my responsibility to check the website for updates: www.nodm.com. No refunds or transfers.

Parent Signature: \_\_\_\_\_    Date: \_\_\_\_\_