

# North Olympic Discovery Marathon



# Kids Marathon!

Saturday, June 4th, 2022

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## Included materials:

### Mileage Log Template

### Event Registration Form (and template for additional copies).

ToeTokens and Daisy Chains. Every student receives a daisy chain and toe tokens to put on their shoe or backpack. See the token sheet in this packet for distribution ideas. The 26.2 tokens can be distributed at your year end assembly to the students who complete the entire marathon. Request more tokens by email: [nodm@nodm.com](mailto:nodm@nodm.com). Leftover tokens and supplies will be picked up the week following the Kids Marathon in the front office of your school.

Half Marathon Letter. This letter from the Race Director is another way to recognize kids for what they have already accomplished and to give them incentive to keep working toward their goal. **Please copy** this letter and distribute to all students who have made it to the half way mark (13.1 miles)!

For questions, contact [nodm@nodm.com](mailto:nodm@nodm.com), 585.451.0014

## Our part

- NODM will provide a complete packet to your school for implementing the program.
- NODM will provide support to PE teacher/Classroom teacher to kick off the program.
- NODM collects and maintains the Kids Marathon event registration forms.
- NODM provides incentives for participants including toe tokens, and a half-way mark letter.
- NODM puts on the Kids Marathon event where participants will receive a shirt, running bib, goodie bag and finisher medal.
- NODM facilitates the North Olympic Discovery Marathon Kids Marathon Achievement Award.

## Your part

- Encourage kids! Provide opportunities for kids to run and walk at school.
- Assign and maintain mileage logs for students. Read the Teacher Instructions page for details.
- Recognize kids for achieving their goals. Distribute tokens at benchmarks.
- Contact NODM about giving a brief pep talk to your school at the spring assembly.
- Notify NODM with any questions or to request additional information.
- Inform parents (through the weekly newsletter) that their students are involved in the program and are invited and encouraged to attend the Kids Marathon fun run event.
- Get creative... keep a chart at school tracking the entire school miles and books read. Tie the running and walking program in to a health and fitness unit, make announcements regarding the total miles tracked by the student body, create classroom challenges, recognize kids at school assemblies.

# Teacher Instructions

## Prepare the course

Designate and measure an area for the kids to run on your playground. The mileage log in this packet is designed for a 1/4 mile (approximate) track.

## Prepare mileage logs

Kids love to see their progress. The mileage logs are fun because they are used at recess and "stamped" after every 1/4 mile lap.

### Method 1- prepare mileage log for each student

Parent volunteers or the PTO can help prepare a mileage card for each student. Sort the cards in a large file box easy to take to the play yard. Include a sharpie or stamp so that the cards can be checked off for every lap.

### Method 2 - use a spreadsheet

Adapt the program to meet your needs. One PE teacher uses a spreadsheet for each class and the spreadsheet has each students name with a place to track the 25 miles. The spreadsheet makes it especially easy to know when to hand out toe tokens. It also eliminates waste if not all students are participating.

When a student completes 25 miles on the spreadsheet, the PE teacher then creates a mileage log, signs it off and sends it home with the student informing their parent to turn it in at the Kids Marathon event.

## Organize

Assign teachers or volunteer parents to "initial" mileage logs/spreadsheet at recess:

- Box with mileage logs or spreadsheet and sharpie or stamp should be handy.
- Station the teacher/volunteer at the start/finish of each lap.
- Kids will get a "stamp" for each lap they run.
- Keep toe tokens available for recognizing kids who have met the specified mark.

## Encourage

Students receive a toe token for every five miles they complete on their mileage log.

Other incentive ideas:

- Announce student achievements. Highlight student success.
- Invite your principal to run with the students.
- Dedicate a wall or bulletin board to running, fitness, goal setting.
- Invite parents to run/walk with kids at school one day.
- Take photos of students running and post them to the bulletin board.

## Remind

Fun Run Registration...be sure to remind parents to register their child for the **June 4th** event.

Mileage Logs to NODM... to be eligible for the scholarship, NODM needs to receive the completed mileage logs for all students who complete the 25 miles and participated in the 1.2 mile event. Teachers can choose to mail the forms to NODM after the event (envelope provided) or they may choose to send mileage logs home with students the Friday before the event with a note reminding them to take the log to the event to turn in. All logs must be received by June 30th.

## Attend

Support your students and come to the **June 4th** fun run/walk event. Everyone is welcome to attend!

For questions, contact [nodm@nodm.com](mailto:nodm@nodm.com), 585.451.0014

## Suggested schedule

### Week After Spring Break

Receive supply kit.

Prepare student mileage logs or spreadsheet for each class.

Kids start running and tracking miles!

Kids can go to the NODM website for training tips and a suggested training schedule: [nodm.com/kidsmarathon](http://nodm.com/kidsmarathon)

### End of April

Kids continue tracking miles.

Kids can go to the NODM website for training tips and a suggested training schedule: [\*\*nodm.com/kidsmarathon\*\*](http://nodm.com/kidsmarathon)

Recognize students who are achieving goals - distribute toe tokens and half-way letter.

Send note and registration forms home to parents (Friday packets).

### May

Continue to encourage and recognize students.

Send updates and reminders home in weekly newsletters.

**Saturday, June 4th, 3pm**

**19th Annual Kids Marathon at City Pier**

### **How many miles do the kids run?**

26.2 total miles - the same as an actual marathon!

The program is designed for kids to start running 9 - 10 weeks before the official event.

Kids run about 3 miles a week with a goal of having run 25 miles before **June**

**4th**. On June **4th**, the kids run a non-competitive 1.2 miles to complete their marathon on the official North Olympic Discovery Marathon course - finishing under the same finish line as the marathoners running the next day.

### **Does the program cost?**

There is no charge for participation in this program at your school. This includes the program kit and mileage tokens. To receive a t-shirt and participate at the official NODM kids marathon on June 1st, the registration fee is \$15 paid by parents. In some instances the school PTO has paid the registration fees. **No one is turned away if they are unable to pay. Please advise us of students who cannot pay and we will provide a scholarship for them. In addition NEW TO 2022....any kids that completes their 25 miles will get a FREE entry into the kids marathon (for the on-site race only). We want to encourage and reward the kids that are invested in their training and themselves. We have 500 kids marathon entries, so this opportunity will be on a first come basis. Once kids complete their 25 miles their teacher or parent can submit their mileage form and be sent a code for a free registration.**

### **How is the registration fee collected?**

NODM has provided a registration forms in the kit. This form is intended to go home with students in their weekly packets. Parents will send the completed form and payment directly to NODM. NODM will provide teachers with a list of registered students upon request. Students can also register online at [www.nodm.com/kidsmarathon](http://www.nodm.com/kidsmarathon).

### **What if the kids run after school or on the weekends?**

Great! Kids can bring a note from home to their teacher who will make sure they are credited for the miles they ran during the weekend or after school.

### **What if a child wants to run at school, but can't enter the kids marathon event?**

No problem! We have lots of kids participate at school who are not able to attend the event. But the event is a very special celebration. For the marathon committee, this event is our favorite because we love watching the excitement and accomplishment that the kids feel and we know that this feeling makes an impression on their decisions to stay healthy.

### **What if a child does not complete the 25 miles prior to June 5th?**

No Problem! All kids whose parents sign a release waiver are invited and encouraged to run/walk the 1.2 miles on June 4th.

Teachers may also choose to allow their students to track miles through the end of the school year. NODM will accept all mileage logs completed through the end of the school year.

### **Where and when is the event? June 4th, 3pm at City Pier!**

The City Pier in Port Angeles will be taken over by kids of all ages, parents, grandparents, principals, school staff and even business people and city officials who come to cheer for the kids. Kids are encouraged and supported the entire 1.2 miles. Everyone receives a goodie bag, race number, finishers medal, food and drink and a great celebration at the finish line.

### **How can I make sure my students are entered for Kids Marathon**

#### **Achievement Award?**

To be eligible for the scholarship (see details next page), all mileage logs need to be received at the NODM office before June 30th.

Teachers can distribute mileage logs to students before the **June 3rd** event and have students be responsible for submitting their forms at the event.

Or, teachers can use the enclosed envelope and mail the completed logs to the NODM office. Note that we only need the mileage logs of the students who completed the entire log and participated in the final 1.2 mile event.

### **What do I do with any leftover supplies?**

The cost of the tokens has increased over the years. If you have leftover supplies, please keep them together and the week following the marathon we will come around to all schools and pick them up.

### **Don't see your question?**

Send an email to [nodm@nodm.com](mailto:nodm@nodm.com). We are here to help!

For questions, contact [nodm@nodm.com](mailto:nodm@nodm.com), 585.451.0014

# Toe Tokens!

## Running/walking toe token distribution

At the 5, 15 and 25 mile mark, students choose a foot or runner shoe token:



At the 10 mile mark, students get a 10 mile token:



At the 20 mile mark, students get a 20 mile token:



At the 26.2 mile mark, students get a finisher token:



A finished bracelet might look like this:



## Kids Marathon Achievement Award

The Kids Marathon Achievement Award was founded in 2006 by Gene and Norma Turner to recognize kids for completing the kids marathon program and for choosing to make exercise a part of their life.

To be eligible, kids must complete the kids marathon program and meet the following criteria:

- Student resides and attends school in Clallam County.
- Student completes 25 mile recorded mileage log with signature by parent or teacher.
- Completed mileage logs must be submitted to NODM before June 30th.
- Student must participate in the final 1.2 miles sanctioned Kids Marathon event.
- Student must complete the registration form and paid entry in the NODM Kids Marathon (\$15 entry fee - scholarships available).

All completed mileage logs will go in to a blind draw where one boy and one girl will be chosen. The scholarship will go into trust until the child enters college or trade school - money to be used for post high school education only. The drawing will take place after the marathon.