



WALK IT OFF

The Gonzalez crew hoofing it in L.A.'s Griffith Park.

HOW TO GET YOUR FAMILY MOVING

Beginners, fear not! Marathon Kids is designed to build on your successes

The goal for each child is to cover the equivalent of four 26.2-mile marathons a bit at a time. At each milestone, kids receive cool rewards from program partner Nike, including an exclusive T-shirt, laces and other incentives to inspire them to meet their goals. Start now...

☒ **VISIT** marathonkids.org to learn all about the program. The preregistration packet explains what you need to get started—and how to psych your crew up to hit the pavement.

☐ **REGISTER** online. You may sign up any time of year as a parent or coach for a group

of kids and select a three- to nine-month season. There's a \$15 fee per participant, which covers program tools as well as a coach's guide and online support to help you keep your gang happy and motivated.

☐ **RECEIVE** your official Marathon Kids package, which includes program material and gear for each member: running logs, a T-shirt and other items.

☐ **KICK IT OFF** with a ceremony at the beginning of your season. Then honor your participants' achievements with a finisher celebration and a round of serious high-fives!