



**SATURDAY**  
**05.01.2010**

### **Kids Run the OC Training Program Information for Coordinators**

Thank you for your interest in being an official participant of *The OC Marathon Kids Run the OC Training Program*. The following information is an overview of the program and the commitment level required by each participating school.

The goal of the *Kids Run the OC 10-week Training Program* is to combat the onset of childhood obesity by helping our youth develop active and healthy lifestyles, promote good nutrition, and increase physical activity in our schools and communities – all while having fun!

Our on-campus program will accomplish these goals by engaging your schools participants in various fitness games and exercises 2 times per week. These games and exercises will foster self-esteem and a sense of accomplishment, while incorporating physical activity into their daily routines. The written curriculum for the participants will also include information on healthy eating habits and good nutrition.

By the end of the 10-week program each student will have accumulated the equivalent of 25.2 miles through various games and activities and hopefully have increased knowledge regarding healthy food choices and good eating habits. They will also be ready to finish their “marathon” by participating in *The OC Marathon Kids Run the OC 1-Mile Run* on May 1, 2010. (\$25.00 fee)

### **Kids Run the OC Program Recommendations**

- Participants should be in grades 3-8 (younger children are welcome if staff is available to accommodate).
- 25-30 participants per one volunteer coach, Group sizes have been as large as 150 and we welcome that, just ensure you have a good coach to participant ratio for safety and positive experience.
- School provided training group t-shirt to increase camaraderie.
- Participation in the fundraising component. Suggest designating another parent volunteer to be fundraising liaison/coordinator for the program.
- Incorporation of educational materials on healthy eating habits and good nutrition to be into the training sessions via games or other activities. Ideas and examples will be provided in final curriculum.
- Participation in Kids Run the OC 1 Mile Run on Saturday, May 1, 2010 at the OC Fair & Event Center in Costa Mesa, CA. (\$25.00 fee)

### **Kids Run the OC Program Implementation, Trainings, Approval and Timeline**

- Attend Information Meeting **on November 30, 2009 from 6:30—7:30pm** at Orange County Department of Education (OCDE) in Costa Mesa or from **9:00—10:00am on December 12, 2009, or January 9, 2010**, prior to 2 hour coaches’ training at OCDE (see below).
- Receive permission of host school to conduct the 10-week training program to be held either during school by paid school staff or as an after school program by school approved volunteer parent/teacher coaches.
- Commit to the OC Marathon by indicating number of flyers required on or about **December 4, 2009**.
- Select a teacher or parent representative from each participating school as the Program Coordinator.
- School Program Coordinator attends one of two OC Marathon Curriculum Training Sessions (train the trainer) either **Saturday, December 12, 2009 or Saturday, January 9, 2010** at OCDE from **10:00am—12Noon**.
- Registration flyers available for pick up by **confirmed** participating schools at OC Marathon offices **sometime the week of November 30, 2009**, (or you may pick up at the first Curriculum Training Session).

- School Program Coordinator meets with and leads other school coaching staff through a Curriculum Training Program overview at the host school after attending a train the trainer.

## Kids Run the OC Program Registration Requirements & Target Dates

- Participating schools will be provided an information sheet and race registration form for each student in grades 3-8, unless previous arrangements have been made to allow lower grade levels to participate.
- The school program coordinator must provide participation commitment to the OC Marathon staff by **January 9, 2010**. This commitment should include approximate number of kids in the program.
- The information sheets and race registration forms will be available for pick up by **confirmed** participating schools beginning the week of **November 30, 2009**. This will allow for distribution and collection either prior to the winter break or immediately upon return from the winter break, as well as accommodate those schools on a year round program.
- We highly recommend that all schools begin their training program in **January 2010 or up through the week of February 1, 2010**. This allows for regularly scheduled school holidays to not interfere with the 10-week training program. All training programs must begin no later than the week of **February 8, 2010**.
- School Program Coordinators should collect all hard copy registration forms and *Kids Run the OC* 1-Mile May 1 Race Fees (\$25.00) checks the week of **February 2, 2010**. The registration forms and checks need to be given to the OC Marathon staff **the week of February 8, 2010, and no later than Friday, February 12, 2010**.
- Online registration will remain open through midnight on **March 1, 2010**. For all participants that register online and identify their school in the space provided online, \$5.00 of the race registration fee will be returned to the participating school's designated fund. We must have you on our list as a participating school to be included in the online registration drop down menu.
- OC Marathon rosters of including online and offline participants will be provided to participating schools the week of **March 15, 2010**. We encourage participating schools to keep your own roster as well.
- Participating schools should review their rosters for accuracy between **March 15 and March 31, 2010**. Corrections to the rosters and late registration fees (*in hard copy only*) will be accepted up through **April 1, 2010**.
- *The OC Marathon Kids Run the OC* 1-Mile Run will take place on Saturday, **May 1, 2010** between 9am and noon.
- Schools need to coordinate an awards ceremony with the OC Marathon *Kids Run the OC* Training program staff (if desired) to take place the week of **May 10, or May 17, or May 24, 2010**, honoring each student who participated in the training program. An official OC Marathon medal will be presented to each participant at the assembly by coach and/or OC Marathon representative (if requested).

## Kids Run the OC Program Coach's Manual

Each coaching staff will be provided with a coach's manual prior to the start of their 2010 *Kids Run the OC Training Program*. The coach's manual will included a detailed schedule outlining each training session and the proper steps to complete each of the 20 routines over the ten weeks. It will also include educational materials on healthy eating habits and good nutrition to be incorporated into the training sessions if possible. All necessary printed program materials will be printed by The OC Marathon, at no cost to the schools.

## Kids Run the OC Program Fundraising

In addition to the \$5.00 online registration rebate, The OC Marathon will allow the participating schools to fundraise through their participation in the *Kids Run the OC Training Program*. 100% of the funds collected will go directly to your child's school. Participating schools will be encouraged to set up an online campaign through [www.active.com/activegiving](http://www.active.com/activegiving). All funds raised through ActiveGiving are distributed directly to your schools foundation or PTA and are kept by you. ActiveGiving is an online campaign resource that allows personalization of a hosted website with your school's information that you can email out to parents and their friends and families to make online donations in support of your school. Each participating student can email his friends and family a link to your school's personalized website telling them about the program and asking them to support his/her school by sponsoring his/her "marathon" run. The OC Marathon will introduce you to an ActiveGiving representative to get you set up to fundraise.

## The OC Marathon Contact Information:

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