

Kids Run the OC

Program Overview for Parents

May 1, 2010

The OC Marathon is excited to host the 6th Annual Kids Run the OC Marathon Training Program which involves many elementary and middle schools throughout Orange County. Your child's school is participating and will conduct a 10-12 week on-campus Training Program which will begin early 2010. All participants in the training program will receive:

- 10-12 weeks of training.
- One entry into The OC Marathon 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).
- Official OC Marathon Kids Run the OC Marathon T-shirt.
- Official Kids Run the OC Marathon Timed Race Result.
- Kids Run the OC Marathon Finisher's Medal.
- Official OC Marathon Finisher's Medal.
- Event day entertainment and special race day promotions TBD.
- After race awards assembly in which a Certificate of Completion will be awarded.



About Kids Run the OC

The OC Marathon Kids Run the OC Training Program was designed to help pre-adolescent kids become more physically fit promote an active and healthy lifestyle and combat the onset of childhood obesity. . . while having fun! This is accomplished through various games, which help improve speed, agility, hand/eye coordination, flexibility and a child's overall fitness. Our students will be led through a popular and fun 10-12 week training program by volunteer(s) and/or teacher(s) that have been trained by the OC Marathon. By the end of the 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 Kids Run the OC Marathon 1-Mile Run on May 1, 2010 (\$25.00 fee) at the OC Fair & Event Center in Costa Mesa, CA. This culminating event is a timed run for kids age 6-13. Event is done in heat format. Heats are as follows (but subject to change, please visit www.ocmarathon.com closer to event date):

9:00 am:	12 & 13 year olds	10:00 am:	8 year olds
9:20 am:	10 & 11 year olds	10:20 am:	7 year olds
9:40 am:	9 year olds	10:40 am:	6 and under

Kids Run the OC Registration

In order for your child to participate in The OC Marathon Kids Run the OC Training program, please fill out and sign the attached registration form and return to your coach by the first day of your training program. A race registration fee of \$25.00 should be included with the registration form and waiver. In addition, for participants that register on line and choose their school from the drop down menu on line, \$5.00 of each child's race fee will be returned to the school. If you would like to register on line, please visit <http://www.ocmarathon.com/races/kids-run-the-oc.aspx> and click on the Register Online for the Kids Run the OC Marathon. Online registration is open until March 1, 2010. You will be redirected to active.com, please proceed as follows on the registration page:

- 1) Read through all the information that is posted on the registration page.
- 2) At the bottom of event information is a green Register Now button; click on that.
- 3) Approve waiver, initial and approve other requirements and continue to fill out student's information on form.
- 4) When you get to the question "Please choose the name of the Kids Run the OC Participating School?"; choose your school's name from the drop down menu. This is the key to your participating school receiving the \$5.00 rebate for the only registration and for proper roster development for your coach.
- 5) Finish application, and pay registration fee via credit card.
- 6) Print out registration confirmation or email confirmation for your child's coach and turn in to them as proof of registration. We highly recommend including an email address with registration so that last minute event day information and parking information can be sent to you. (There will be a \$5.00 parking fee on race day).

Notes:

- All parents will be required to must sign two hard copies of waivers (online check box does not count) and turn them in to your school's coach by April 1, 2010. Your coach will have those available and they are also available to download at <http://www.ocmarathon.com/races/kids-run-the-oc.aspx>.
- Due to insurance and liability reasons, parents of children 8 and under may only run with their child if they have registered for the event, paid the fee and signed and provided the two waivers for themselves. Parents of children 9 and over may not run with their children.

KIDS RUN THE OC

Angie Rowe, Kids Run the OC Program Director

The OC Marathon - 4500 Campus Drive, Suite 570, Newport Beach, CA 92660

949-222-0456 x105 - E-mail: angie@ocmarathon.com

Kids Run the OC Registration PLEASE PRINT CLEARLY

SCHOOL NAME _____ SCHOOL DISTRICT _____

LAST NAME _____ CHILD'S FIRST NAME _____ GENDER M F BIRTHDAY _____

PARENT NAME _____ PARENT EMAIL _____ PHONE _____

T-SHIRT SIZE YS YM YL YXL AS

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PLEASE INCLUDE A \$25 NON-REFUNDABLE, NON-TRANSFERABLE CHECK PAYABLE TO: **THE OC MARATHON**. TURN IN TO SCHOOL REPRESENTATIVE NO LATER THAN FEBRUARY 2, 2010.

SIGNATURE OF PARENT OR LEGAL GUARDIAN _____ DATE _____