

Kids Run the OC 2010
The OC Marathon
School Interest Presentation
Fall 2009



How to Get Started

- Attend Information Meeting
- Get Approvals from Principal
- Decide best fit for your school
 - During day; after school...it's your program
 - Plan kick off event – perhaps combo with Jog A Thon or other fitness event
- Explore if fundraising is good for you too



Best Practices

- Schools with teacher leader and parent volunteer liaison are great models.
- A couple great teachers or a couple great parent volunteers with school support also work well.
- Grades 3-8 work well to start. Can go younger if you have the volunteer base!



More Best Practices

- 25-30 kids per one volunteer coach
- Provide a school t-shirt for camaraderie
- Incorporation of healthy eating habits and good nutrition in the training sessions via game or other activities
 - OCM to provide online resources in curriculum to assist with this



Approved and Designed...Now What?

- Let the OC Marathon know you are IN!
 - Send Program Coordinator's contact information, number of flyers needed and estimated participant count to Angie Rowe
 - We provide the curriculum – so don't worry...just plan to attend a curriculum training on 12.12.09 or 01.09.10 – you will be shown exercises/games to keep kids engaged and coming back



Getting the Word Out to Your School Community

- Pick up registration flyers at OC Marathon offices when they're ready
- Send flyers and one pager with your start dates to your parents
- Communicate registration deadlines to participants – they can register either online or via the registration form
 - Key dates:
 - Hard copies and checks to offices by 2.12.10
 - Online registration closes 3.1.10



Registering Online is Encouraged

- Get \$5.00 per participant refunded to your school for every online registration
- We will provide you a roster of online & offline combined by 3.15.10 to verify
- Once roster is confirmed we can create bibs for early pick up



Other FAQ's & Issues

- Get parents to give you copy of online registration confirmation or email confirmation
- Every child must have two waivers signed and given to you – these will both be available online and emailed to coaches to print and get signed
 - Bibs will not be released unless we receive BOTH signed waivers
- Come to OC Marathon offices with waivers to pick up bibs at scheduled pick up times that will be emailed in April.



Other FAQ's & Issues

- Due to liability and insurance issues, parents of kids 8 & Under can run IF THEY register, pay the \$25.00 fee and sign BOTH waivers
- Parents of kids 9 & Up are not to run in the event
- We encourage kids running on their own – they've trained and it's a safe, closed and monitored course



Key Dates

- December 12, 2009 or January 9, 2010 – attend a training.
- January 2010 thru February 1, 2010 – start your program.
- Collect and return registration forms and checks to OC Marathon by 2.12.10



Key Dates Continued

- Online registration closes at midnight on March 1, 2010
- Rosters provided to coaches by March 15, 2010
- Coaches review for accuracy March 15 - 31, 2010



Key Dates Continued

- Final Roster and bib distribution April 1 thru April 26, 2010
- Kids Run the OC Event – Saturday, May 1, 2010 at the OC Fair & Event Center
 - 9:00am: 12 & 13 year olds
 - 9:20am: 10 & 11 year olds
 - 9:40am: 10 year olds
 - 10:00am: 9 year olds
 - 10:20am: 8 year olds
 - 10:40am: 7 year olds
 - 11:00am: 6 & Under

