KIDS RUN THE OC TRAINING PROGRAM INFORMATION FOR PARENTS
SATURDAY - 05.04.2019

The OC Marathon Foundation is excited to host the 15th Annual Kids Run the OC Training Program which involves various elementary schools throughout Orange County. Each school involved in the Training Program will conduct a 10 week on-campus Training Program which will begin in February. Participants in the final mile event **($29.00)** will receive:

- 10 weeks of training (beginning the week of February 4 or 11, 2019).
- 1 entry into the Kids Run the OC 1-Mile Run on Saturday, May 4, 2019, at the OC Fair & Event Center
- 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.

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, all while having fun! This is accomplished through various games, which help improve speed, agility, hand/eye coordination, flexibility and a child's overall fitness. Students from each participating school will be led through our popular and fun 10-week training program at their school by a school volunteer that has been trained by the OC Marathon. 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 *Kids Run the OC Marathon* 1-Mile Run on May 4, 2019 at the OC Fair & Event Center in Costa Mesa, CA. This culminating event is a non-competitive run for kids ages 6-14. Event is done in heat format. Heats are as follows (but subject to change, please visit link to event website closer to event date):

8:00am:	Open Heat #1 (9&Up)		10:00am:	9 year olds
8:30am:	Open Heat #2 (8&Under)		10:30am:	8 year olds
9:00am:	11 & Up		11:00am:	7 year olds
9:30am:	10 year olds		11:30am:	6 & under
			12 Noon:	Event Concludes

KIDS RUN THE OC REGISTRATION

In order for your child to finish their "marathon" and receive their OC Marathon Medal, you must register online for the Kids Run the OC Final 1-Mile Event **($29.00 fee)**. To register online, please visit www.kidsruntheoc.org and click on the **Green Register Online** button in the top left corner for the Kids Run the OC Marathon 2019 registration. **Online registration is open until March 1, 2019.**

If your coach offers a paper registration option, they will provide you with a form and you can submit a hard copy TO THE COACH. Your coach will provide the registration form, deadlines and where and to whom to make the check payable. *THE OC MARATHON FOUNDATION NO LONGER ACCEPTS OFFLINE REGISTRATION UNLESS YOU ARE A SCHOLARSHIP APPLICANT.* If you do require scholarship assistance, please ask your coach for a scholarship form.

Once a school reaches the 30 participant threshold, participants that register online and identify their school in the space provided are eligible for a $5.00 refund of the race registration fee to their school.

IMPORTANT ITEMS OF NOTE:

- You must sign a hard copy of the waiver and turn it in to your school's Kids Run the OC Coordinator prior to your coach's deadline. Your coach will have those available and they are also available to download on our web site.
- 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 waiver for themselves. Parents of children 9 and over may not run with their children.

"INSPIRE KIDS TO FITNESS"