



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

kids
MARATHON

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine



SEATTLEMARATHON.ORG



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kids **MARATHON**

RUN. READ. DO RIGHT.

The Seattle Children's Kids Marathon was created to promote health and fitness in children as well as encourage civic awareness and academic achievement through reading.

The Seattle Children's Kids Marathon is structured to allow children kindergarten through eighth grade to complete a full 26.2 mile marathon at a rate that is fun and safe for their growing bodies... "one mile at a time". It also encourages them to read 13 books and do 13 do rights (good deeds) which equal 26 miles.



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RUN.

The first 25 miles are “honor” miles, to be run or walked in one half or one mile increments, on a safe secure route designated by parents, coaches, mentors or teachers. Kids get the most from this experience if they earn these miles honestly.





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READ.

13 books which equal a half marathon.
Kids may choose any books they wish to read.





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DO RIGHT.

13 deeds which equal a half marathon. Kids may choose any good deeds they wish to perform, from volunteering their time at local organizations to helping out around the house!



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TRACKERS.

As marathoners complete their mileage, books, and do rights, they can keep track of their progress using the “trackers” available on our website at: seattlemarathon.org. Kids may also use the adult course map to track their marathon miles. Daily record keeping is a lesson as kids chart their progress toward their goals.

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do RIGHTOMETER

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RUNOMETER

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READOMETER

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RECOGNITION OF ACCOMPLISHMENT.

The Seattle Children's Kids Marathon provides parents, coaches, mentors or teachers with award tokens to present at 5, 10, 15, and 20 miles. The 25-mile award is to be presented at the completion of their 25th mile. Special certificates are given to kids when they have completed 5, 10 and 20 miles of running, read 13 books and accomplished 13 do rights. The Seattle Children's Kids Marathon creates a special moment for families to connect with their children and recognize achievement.





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RACE DAY.

Kids complete the final 1.2 miles of their marathon on race day, Saturday November 27, 2010, where they will also turn in their records of miles completed, books read and do rights. They will gather at Memorial Stadium to prepare for the start of their marathon at 10:00am and enjoy pre-event activities.



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START.

From there they will move to the start at 5th and Harrison, where parents, coaches, mentors or teachers may accompany their marathoner on their 1.2 mile run around the Seattle Center and across the finish line in Memorial Stadium.





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CROSSING THE FINISH LINE.

After the kids cross the Finish Line, they will proceed through a secure finisher chute to the Victory Recovery Area, located in the Seattle Center Exhibition Hall. There the kids will meet up with family and friends to enjoy the post-event festivities with Radio Disney and receive their Finisher Shirt and goody bag containing their finisher certificate and medal.



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SPONSORSHIP OPPORTUNITIES

Thank you for your interest in Sponsorship opportunities with the Seattle Children's Kids Marathon.
We believe this high visibility, community focused event would be a great fit for
your organization. We look forward to speaking with you in the future.

Warm Regards,

Louise Long

Executive Director, Seattle Marathon Association

206.729.3660



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In the final straight, EVERYONE HAS HEART

— JOHN L PARKER, ONCE A RUNNER

