

## Marathon KIDS!!

Marathon Kids kicks off this week! All students were given a log sheet for their miles. This is a great program sponsored by Whole Foods. Our annual KICK-OFF celebration for the Dallas Area is on **October 22<sup>nd</sup>**. Come out and celebrate the start of Marathon Kids. See attached flier for more information. **ALL Barksdale Students are already registered. No other registration is needed to attend.** Even if you can not attend the celebration, you can still complete the marathon and be a Marathon Kid!

Marathon Kids is completely free and loaded with lots of incentives along the way. The students can begin logging their miles this week by walking, jogging or running 26.2 miles in small increments. Miles can be completed at home or at school. Jogging club members can even count their morning miles. Please remember that all mileage must be done on foot. Although biking, swimming and team sports are wonderful exercise; this program is dedicated to running.

Each time 5 miles have been completed, the students can bring their log sheet in to get a “token” and also have their mileage added to the shoe on the wall with their name on it. After the 26.2 miles have been completed, simply sign the form and return it. Your child will receive an invitation to the final mile celebration in April. In addition, each finisher will receive a finisher t-shirt in April.

This year the log sheets also include a Food Log. This part of the program encourages the students to choose healthy foods. When they complete the 26.2 healthy food choices they can bring the log sheet in for a special token for their collection.

We hope you enjoy the program and find time to get up and active with your children. You are their greatest example.

If you have any questions, please email Coach Kool at [Cheryl.kool@pisd.edu](mailto:Cheryl.kool@pisd.edu)

Thanks!



marathon**KIDS**®

# FREE Kick-Off Celebration!

## Join us!

We can't wait to see you at the FREE Kick-Off Celebration! You'll start your 26.2 mile journey and earn your Marathon Kids Reward Water Bottle!

## How it works!

Parents, families, and teachers are encouraged to attend and run/walk together!

Seating is "first come, first to run", so please check with your teacher to see if your group is meeting outside the stands. Plan to arrive early For everyone's safety, please do not attempt to save large groups of seats.

You will be running by section not by school. It is NOT mandatory to sit with your school.

Children, teachers, and families run together. Each registered child who crosses the Finish Line earns a Reward Water Bottle!

**IMPORTANT:** There is no separate registration for this event. If you are registered with your Lead Teacher, you are registered for the FREE Kick-Off Celebration.

You **WILL** be running/walking at the event, so please dress accordingly. Make sure to check the weather reports too! Sunscreen!

## Teachers

- PLEASE SEND THESE FLYERS HOME!
- If you would like your school to sit together, designate a meeting point outside the stands.
- Let your group/ parents know where you will be meeting.
- Bring/ make a school sign so you can be easily spotted in the crowd.
- For everyone's safety, you will NOT be allowed to save large groups of seats.

### When:

Saturday, October 22, 2011,  
10:00 AM sharp

### Who:

Marathon Kids, teachers, and families

### Why:

To celebrate the ceremonial start of Marathon Kids and earn your Reward Water Bottle!

### Where:

Dallas ISD's Loos Stadium;  
3815 Spring Valley Rd, Addison, TX

### Fee:

Free! Thanks to our sponsors!



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[www.MarathonKids.org](http://www.MarathonKids.org)

[www.facebook.com/MarathonKids](http://www.facebook.com/MarathonKids)  
(for up to the minute announcements)