



Little Souls kids marathon



Runners Soul is hosting a kids marathon with the monies raised going toward the Little Souls Running Program.

The twist is that the Kids Marathon will not be run just on that day! Those that sign up are expected to run a total of 25 miles (40.2km) in the weeks leading up to the race and will celebrate their final 1.2 miles (2 km) as part of the marathon race! This event is open to kids up to age 12 on race day.

It is the hope that each school would promote this activity, perhaps through their daily physical education program or a school running club. Runners Soul is pleased to partner with the Lethbridge College Be Fit For Life Centre, who will be assisting schools with developing and leading their running program over the months leading up to the race. If you feel your school may require some additional resources, support and motivation please contact them at (403) 382-6919.

Attached are log sheets and suggested training programs to help organize this activity at a school level. Entry forms can be downloaded from the Runners Soul website listed below or picked up at the store. An adult (either at your child's school or a parent) needs to keep track of the miles or kilometres each child has run and continue to encourage them!

Parents of those students interested in participating in the Kids Marathon must ensure their children are registered no later than May 25, 2016 (with shirt) and it is limited to 500 kids! Log sheets and suggested training programs can also be picked up at Runners Soul: 2646 South Parkside Drive, Lethbridge, Alberta T1K 0C4 - Phone (403) 327-2241. What a great way to keep active and fit as a family or as a whole school!

Date of Race: Wednesday, June 1, 2016
 Kid's Start Time: 6:30 p.m. sharp (staggered age starts)
 Kid's Start Place: Chinook High School West
 Kid's End Place: Chinook High School West

To ensure that your entry has been received, please check our website: <http://www.runnersoul.com/events/php>

Entry fee for the Kid's Marathon is \$25.00. The runners will receive a marathon medal and t-shirt. **Students who have completed the required mileage can sign up for draw prizes when they pick up their race package. If you have any questions, please contact Runners Soul @ 327-2241.

Below is a suggested training program. Each of the following proposed training programs in miles and kilometers may be adapted depending on the age group and the fitness level of the participants. There are non-scheduled days each week to allow for make-up days. It is advised to take rest days in-between days, excluding Friday and Saturday.

Ages 5 – 9

| | Monday | Wednesday | Friday | Saturday | Week Total |
|------------|---------------------|--------------------|--------------------|--------------------|------------------|
| Week One | Run 0.5 mile/.8km | Run 0.5 mile/.8km | Run 0.5 mile/.8km | Run 1 mile/1.6km | 2.5 miles/4 km |
| Week Two | Run 1 mile/1.6km | Run 0.5 mile/.8km | Run 1 mile/1.6km | Run 1.5miles/2.4km | 4.0 miles/6.4 km |
| Week Three | Run 1 mile/1.6km | Run 1 mile/1.6km | Run 1.5miles/2.4km | Run 1 mile/1.6km | 4.5 miles/7.2 km |
| Week Four | Run 1 mile/1.6km | Run 1.5miles/2.4km | Run 1 mile/1.6km | Run 2 miles/3.2km | 5.5 miles/8.8 km |
| Week Five | Run 1 mile/1.6 km | Run 1.5miles/2.4km | Run 1 mile/1.6km | Run 1.5miles/2.4km | 5.0 miles/8.0 km |
| Week Six | Run 1.5 miles/2.4km | Run 1.5miles/2.4km | Run 0.5 mile/.8km | Off | 3.5 miles/5.6 km |

Ages 10 - 12

| | Monday | Wednesday | Friday | Saturday | Week Total |
|------------|---------------------|---------------------|---------------------|------------------|-------------------|
| Week One | Run 0.5 mile/.8km | Run 0.5 mile/.8km | Run 1 mile/1.6km | Run 1 mile/1.6km | 3.0 miles/4.8 km |
| Week Two | Run 1.5 miles/2.4km | Run 1 mile/1.6km | Run 1.5 miles/2.4km | Run 1 mile/1.6km | 5.0 miles/8.0 km |
| Week Three | Run 2 miles/3.2km | Run 1.5 miles/2.4km | Run 1.5miles/2.4km | Run 1 mile/1.6km | 6.0 miles/9.6 km |
| Week Four | Run 2 miles/3.2km | Run 1.5miles/2.4km | Run 2.5 miles/4km | Run 1 mile/1.6km | 7.0 miles/11.2 km |
| Week Five | Run 2 miles/3.2km | Run 1 mile/1.6km | Run 1 mile/1.6km | Off | 4.0 miles/6.4 km |

or

| | Monday | Wednesday | Thursday/Friday | Week Total |
|------------|-------------------|-------------------|-------------------|-------------------|
| Week One | Run 2 miles/3.2km | Run 0.5 mile/.8km | Run 2 miles/3.2km | 6.5 miles/10.4 km |
| Week Two | Run 2 miles/3.2km | Run 3 miles/4.8km | Run 2 miles/3.2km | 7.0 miles/11.2 km |
| Week Three | Run 3 miles/4.8km | Run 2 miles/3.2km | Run 2.5 miles/4km | 7.5 miles/12 km |
| Week Four | Run 2 miles/3.2km | Run 2 miles/3.2km | Off | 4.0 miles/6.4 km |

Sponsors:



Student Log Sheets

Student Name: _____
First Last

School Name _____

Complete the log sheet by recording the child's daily/weekly mileage.

| | Monday | Wednesday | Friday | Saturday | Weekly Total | Adult Signature |
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An adult (either at your child's school or a parent) needs to keep track of the miles or kilometres each child has run and continue to encourage them!

Participants in the Kids Marathon must be registered at Runners Soul
 2646 South Parkside Drive, Lethbridge, Alberta T1K 0C4 • Phone: (403) 327-2241
Entry deadline is May 25, 2016 (with shirt) or when the event is full (limited to 500 entrants).