



ATHENS ROAD RUNNERS

Athens Road Runners is a supportive community of runners of all ages and abilities. Our mission is to inspire and engage individuals to achieve health, fitness and training goals through the sport of running. Our vision is to be the premier source of all things running in the Athens area, grow an engaged running community encourage health and happiness through running, and help runners achieve their individual goals.

The club launched on February 16, 2013 and has over 400 members. For the 40th Anniversary Marigold 10K we are excited to launch a Marigold Kids Marathon on February 23, 2015! The Marigold Kids Marathon running/walking program is designed for children kindergarten through 8th grade. Children will run the distance of a full marathon (26.2 miles) over the course of 12 weeks. To achieve this goal, kids must train for the last mile of their marathon by running a total of 25.2 miles in 1/4 mile, 1/2 mile, 3/4 mile or 1 mile increments between Monday, February 23rd and Friday, May 15th to qualify for the kids' marathon race day participation. There are NO official winners and the last mile will not be timed. Our goal is to get kids excited about running. We want to get kids moving and being active on a regular basis while having fun!

This event is free to Athens Road Runner youth that are current Athens Road Runners Student or Family members. Send an e-mail to info@athensrr.org to receive the code for free entry. Sponsorships for registration are available, for information please contact info@athensrr.org or (706) 247-6544 for details regarding sponsorship opportunities. For members of the running community, the cost is \$20.00 and includes a kick-off run, Marigold Kids Marathon t-shirt, race bib, and medal for all finishers of the 1 mile marathon completion run at the Marigold 10K finish line.



Marigold Kids Marathon Training Log

Use this log to track your miles. Remember that you need to run at least 25.2 miles before race day!

Participant Name: _____

Current Grade: _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage	Accumulative Mileage
Week 1 (Feb 23-March 1)									
Week 2 (March 2-8)									
Week 3 (March 9-15)									
Week 4 (March 16-22)									
Week 5 (March 23-29)									
Week 6 (March 30-April 5)									
Week 7 (April 6-12)									
Week 8 (April 13-19)									
Week 9 (April 20-26)									
Week 10 (April 27-May 3)									
Week 11 (May 4-10)									
Week 12 (May 11-17)									
			Log Sheet Due						
Saturday, May 16, 2015						1.0			26.2

Official registration forms must be received by May 13th to be eligible for race day participation. Online registration is available thru May 13th. Race t-shirts, bib numbers, and medals will not be available to non-registered participants. Mail or E-mail completed log sheet to: **Athens Road Runners Marigold Kids Marathon, PO Box 175 Athens, GA 30603 or info@athensrr.org**

I the parent, guardian, or teacher of the participant confirm to the completion of her/him running 25.2 miles in preparation of the Marigold Kids Marathon.

Parent, Guardian, or Teacher Signature

Date: _____

8 week option:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage	Accumulative Mileage
Week 1(March 23-29)									
Week 2 (Mar 30-April 5)									
Week 3 (April 6-12)									
Week 4 (April 13-19)									
Week 5 (April 20-26)									
Week 6 (April 27-May 3)									
Week 7 (May 4-10)									
Week 8 (May 11-17)									
			Log Sheet Due						
Saturday, May 16, 2015						1.0			26.2

Official registration forms must be received by May13th to be eligible for race day participation. Online registration is available thru May 13th. Race t-shirts, bib numbers, and medals will not be available to non-registered participants. Mail or E-mail completed log sheet to: **Athens Road Runners Marigold Kids Marathon, Athens Road Runners Marigold Kids Marathon, PO Box 175 Athens, GA 30603** info@athensrr.org

I the parent, guardian, or teacher of the participant confirm to the completion of her/him running 25.2 miles in preparation of the Marigold Kids Marathon.

Parent, Guardian, or Teacher Signature

Date: _____