### SEATTLE KIDS MARATHON LET'S RUN, LET'S HAVE FUN



THANKSGIVING WEEKEND SATURDAY, NOVEMBER 30 AT 9AM

HOWEVER YOU RUN
THE SEATTLE KIDS MARATHON IS THE RUN FOR YOU

THE FIRST 25 MILES
OF THE SEATTLE KIDS MARATHON
ARE "HONOR" MILES.

KIDS RUN THE LAST 1.2 MILES OF THEIR MARATHON TOGETHER ON RACE DAY.

### LET'S RUN. RUN. RUN.



### WE HAVE RECEIVED YOUR CHILD'S ENTRY FOR THE SEATTLE KIDS MARATHON!

### **SATURDAY, NOVEMBER 30, 2024**

Race start time is 9:00 am. Please arrive by 8:00 am.

The first 25 miles are "honor" miles. Kids get the most from this experience if they earn these miles. Measure a safe, secure route, which will allow easy record keeping. A typical city block for example, is approximately 1/4 mile around. The track at the local high school is 1/4 mile around. You can even measure a route inside your home and run/walk it to reach the mileage goal. We encourage you to join your kids and make this a family event. Please follow the training tips on page 4.

As your marathoner completes his/her goals, he/she can keep track of progress using the following trackers (which can be downloaded from our website):

Run-O-Meter Read-O-Meter Do Right-O-Meter Eat-Right-O-Meter

They can also use the Adult Marathon map to see where they would be if they were on the adult course. Daily record keeping is a lesson as kids chart their progress toward their goal.

- Please present the "award certificates" at 5, 10, 15 and 20 miles. Special Read, Do-Right, Eat-Right and Run Certificates are also included and should be handed out for each goal reached. Make the awards presentation a special time. Recognition is important!
- The final 1.2 miles will start at 9:00am on Saturday November 30, 2024 at the Seattle Center. Kids and parents should arrive no later than 8:00am at the kids staging area located inside Seattle Center Exhibition Hall, where we will have pre-event activities. Make sure to bring your tracking meters so we can post them at the event on Race Day! Kids, parents and race officials will move from there to the Start Line together.

Please Note! Parents/Coaches, you may run with your child, but it is not mandatory. If you do choose to run, you will be required to wear a bib/runners number. For safety, no one is allowed on the course without a bib. Each child may have only one adult accompanying them. Every child who enters the event will be given two bibs with the same number—one for the child and one for an accompanying adult. For lost parent/child reasons, the child and adult bibs will both contain the child's information. If you have a younger child in a stroller accompanying you, that child will have to be entered in the event and have a bib number to be on the course.

### LET'S RUN. RUN. RUN.



### IMPORTANT RACE DAY INFORMATION

SATURDAY, NOVEMBER 30, 2024 Race start time is 9:00 am. Please arrive by 8:00 am.

**Bib Pick Up.** Participants must wear their official Bib Number pinned to their front. To claim your Bib Number, come to one of the following locations and times. Note: Kids running with groups can get their Bibs from their group leaders. Confirm your group's procedure with your group leader.

Date/Time Location

November 29, 2024 (Friday) UW Medicine Seattle Marathon Health & Fitness Expo

11:00 a.m. to 8:00 p.m. The Westin Seattle, Downtown Seattle

The EXPO at The Westin Seattle provides a great opportunity to participate in the total "marathon experience," to learn more about fitness and enjoy several different kinds of goodies.

Date/Time Location

November 30, 2024 (Saturday) Seattle Kids Marathon Staging Area (Check-in 7:00 a.m. to 8:45 a.m.) Seattle Center Exhibition Hall

Participant shirts will be handed out with the bibs.

- **Arrive early.** More than 500 kids are expected to participate in the Seattle Kids Marathon, so traffic will be a challenge and parking will be at a premium. Parking near Seattle Center is available in several pay lots. Limited on-street parking will also be available. For more parking information visit our website Seattlemarathon.org.
- **Check-In.** Enter Seattle Center Exhibition Hall through the main doors on Mercer Street. You will be able to claim your child's bib number if you have not done so already. If weather permits we will have outdoor activities pre-race on the International Fountain Lawn. Please remember many kids will pick up their bibs the day of race, so get there early and allow extra time to get your bib or find your group leader, if your child is running in a group.
- **Start.** Kids, parents and race officials will gather at the Start Line on August Wilson Way, on the Seattle Center Campus. You are encouraged to accompany your marathoners to the start line/finish line and, if you wish, run/walk with them on the final 1.2 miles. If you aren't running/walking with your child, please cheer from the sidelines and take photos!
- **Course.** A map of the route is included and will be available both at the EXPO and the Exhibition Hall.
- Finish. Parents, please stay out of the marked finishing lane. Please keep pets at home for this event, this is an exciting time and we want all marathon finishers to have the best marathon experience possible. There should be plenty of good camera angles and spectator viewpoints along the finishing lane.
- **Post Race Goodies.** After the kids cross the finish line, they will receive their finisher medal, water and space blanket. Kids then proceed through a secure finisher chute to the Victory Recovery Area, located in the Seattle Center Exhibition Hall. Once inside, kids will meet up with family and friends to enjoy the post-event festivities vendors, food, music and a hot chocolate garden.

We hope this event will help you to make fitness a "family affair". If you need any assistance or advice during the training phase of the program, please don't hesitate to call the Seattle Marathon Association at (206) 729-3660 or email: info@seattlemarathon.org.



### SEATTLE KIDS MARATHON

LET'S RUN, LET'S HAVE FUN

### LET'S RUN. RUN. RUN.



### HOW TO COMPLETE YOUR MARATHON

- Find a safe place to run.
- Walk or run 25 miles, read 13 books, eat 26 healthy meals and perform 13 do-rights (good deeds) before November 29th.
- Look at the schedule below for help in planning your runs.
- Come to the Seattle Center on Saturday, November 30, 2024 to run the final 1.2 miles of your Marathon! Don't forget to bring your trackers!

### TRAINING TIPS FOR YOUR MARATHON

- Wear running shoes or sneakers and socks. Proper footwear helps prevent foot problems.
- Run/walk with a friend. You can encourage each other that way.
- Talk while you run/walk, you can maintain the perfect pace that way.
- 4 Stretch your legs before you run. Stretching helps prevent injuries. Hold each stretch for 20 seconds without bouncing up and down.
- 5 Drink lots of water after you run and throughout the day. Water helps muscles do their work.
- Get plenty of sleep. Your muscles need lots of rest so you can keep running/walking every day.
- Eat a well-balanced diet including lots of protein and carbohydrates. Your body needs fuel to do its work!

### A TRAINING SCHEDULE FOR YOUR MARATHON

Below is a training schedule with suggested distances or you may set up your own schedule. If you can only run or walk a little, keep trying. If you run or walk more than a mile per day, great! If you play a lot of soccer or other sports where you run a lot, this may be easy. Just remember to space your workouts so you are prepared to run or walk the final distance on Marathon Saturday! Early completion of the program is not recommended. The schedule leaves Saturdays and Sundays available for make up days or to give you a rest day during the week. It is important to keep track of your progress toward your goal. As you complete each mile, color or mark off each mile on the Run-O-Meter.

Monday, Oct 21 - Sunday, Oct 27	.5 mile / weekday	2.5 miles total
Monday, Oct 28 - Sunday, Nov 3	.5 mile / weekday	5 miles total
Monday, Nov 4 - Sunday, Nov 10	1 mile / weekday	10 miles total
Monday, Nov 11 - Sunday, Nov 17	1 mile / weekday	15 miles total
Monday, Nov 18 - Sunday, Nov 24	1 mile / weekday	20 miles total
Monday, Nov 25 - Friday, Nov 29	1 mile / weekday	25 miles total
Race Day! Saturday, Nov 30	1.2 miles	26.2 miles total

# SEATTLE KIDS MARATHON LET'S HAVE FUN

### Run 26.2 miles for the 2024 Seattle Kids Marathon

NAME	AGE	SCHOOL:



1	14
2	15
3	16
4	17
5	18
9	19
	20
8	21
6	22
10	23
11	24
12	25
13	26.2 RUN TOGETHER WITH EVERYONE ON RACE DAY!











## TE KIDS MARATHON LET'S RUN, LET'S HAVE FUN

### Complete 13 do-rights for the 2024 Seattle Kids Marathon

NAME:	AGE:	SCHOOL:

# 



### **DO RIGHT SUGGESTIONS**

'good deeds" to get you started on your way Here are a few examples of "Do rights" or

- 1. Take out the trash and recycling
  - 2. Do the dishes
- 3. Help mow the lawn
  - 4. Rake the leaves

- 5. Carry in the groceries 6. Collect box tops for your school 7. Read a book to a younger child/sibling 8. Get 5 friends to each do a good deed
  - 9. Set the table for dinner
- Volunteer at a local charity
- 11. Send a card to a Senior Home12. Help a friend with their schoolwork
  - 3. Pick up litter in your neighborhood 4. Collect and donate items to charity

    - Donate old toys to charity

8. Walk an elderly neighbor's dog

- 6. Volunteer at a local running or sporting event 7. Volunteer at a senior home
- 9. Help your grandparents with housework/chores 20. Help clean the house
- 21. Help someone with their bags getting off of a bus
  - 22. Volunteer at a soup kitchen

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- 23. Make a card for your teacher
- 24. Hold a door open for someone
- 25. Do something kind for a new student
- 26. Pay someone else's bus fare when they can't
  - 27. Let someone have your seat on the bus
    - 28. Wake up early and make breakfast
- 29. If a classroom is messed up start to clean it without being asked

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# SEATTLE KIDS MARATHON LET'S HAVE FUN

### Eat 26 Healthy Meals for the 2024 Seattle Kids Marathon

**NAME**: AGE:

SCHOOL:



1	14
2	15
3	16
4	17
5	18
9	19
7	20
8	21
6	22
10	23
11	24
12	25
13	26

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## SEATTLE KIDS MARATHON LET'S HAVE FUN

### 2024 Seattle Kids Marathon Read 13 books for the

AGE: NAME

SCHOOL:



# 4

5	
9	
8	
6	
10	
11	
12	
77	

### **SOME READING LIST SUGGESTIONS**

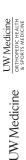
### FOR KIDS: 4 - 8 YEARS OLD

- . Where the Wild Things Are by Maurice Sendak
  - Caps for Sale by Esphyr Slobodkina

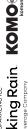
    - 3. Hundred Dresses by Eleanor Estes
- 4. Alice's Adventures In Wonderland by Robert Sabuda
- 5. Dr. Seuss's ABC: An Amazing Alphabet Book by Dr. Seuss
  - 6. Cat in the Hat by Dr. Seuss
- 7. Green Eggs and Ham by Dr. Seuss
- 8. One Fish, Two Fish, Red Fish, Blue Fish by Dr. Seuss
- 9. Frog and Toad Are Friends: (I Can Read Book Series: Level 2) by Arnold Lobel

- - 10. Harold and the Purple Crayon by Crockett Johnson 11. Flat Stanley 40th Anniversary Edition by Jeff Brown
- 12. The Wonderful Wizard of Oz: A Commemorative Pop-up (Oz Series #1) by L. Frank Baum
- 13. Storybook Treasury of Dick and Jane and Friends by Grosset & Dunlap 14. Very Busy Spider by Eric Carle
- 15. How the Grinch Stole Christmas! by Dr. Seuss
- 16. If You Give a Mouse a Cookie by Laura Joffe Numeroff
- Charlie and the Chocolate Factory by Roald Dahl
- 18. The Phantom Tollbooth by Norton Juster
- 19. Brown Bear, Brown Bear, What Do You See? by Bill Martin
- 20. Fuzzy Yellow Ducklings: Fold-out Fun with Textures, Colors, Shapes, Animals by Matthew Van Fleet
  - 21. Richard Scarry's Best Storybook Ever by Richard Scarry
- 22. Mouse Tales: (I Can Read Book Series: Level 2) by Arnold Lobel 23. Chicka Chicka Boom Boom by John Archambault
  - 24. Happy Birthday to You! (Pop-Up) by Dr. Seuss
    - 25. Corduroy by Don Freeman
- 26. From Head to Toe by Eric Carle
- 27. Danny and the Dinosaur: (I Can Read Book Series: Level 1) by Syd Hoff
- 28. Frog and Toad Together: (I Can Read Book Series: Level 2) by Arnold Lobel 29. The Very Lonely Firefly by Eric Carle

  - 30. Poky Little Puppy by Janette Sebring







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### **LET'S RUN, LET'S HAVE FUN**



### **SOME READING LIST SUGGESTIONS**

### FOR KIDS: 9 - 12 YEARS OLD

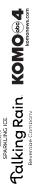
SOME READING LIST SUGGESTIONS

- 1. Oh, the Places You'll Go! by Dr. Seuss
  - 2. Chasing Vermeer by Blue Balliett
- 3. The Three Questions by Jon J. Muth
- 4. Maniac Magee by Jerry Spinelli
- 5. Complete Chronicles of Narnia by C. S. Lewis
- 6. Charlie Bone and the Invisible Boy by Jenny Nimmo
  - 7. The Tale of Despereaux by Kate DiCamillo
- 9. Junie B., First Grader: Shipwrecked (Junie B. Jones Series) by Barbara Park 8. Illustory: Write and Illustrate Your Own Book! by Chimeric Inc
  - 10. Adventures of Huckleberry Finn by Mark Twain
    - 11. What Are You So Grumpy About? by Tom Lichtenheld
      - 12. James and the Giant Peach by Roald Dahl
- 13. Bridge to Terabithia by Katherine Paterson
- 14. The Harry Potter Series by J. K. Rowling
- 15. How To Train Your Dragon by Cressida Cowel
- 16. The Ever After High Series by Shannon Hale
- 17. The Diary of a Wimpy Kid Series by Jeff Kinney
  - 18. Black Beauty by Anna Sewell
- 19. Alice's Adventures in Wonderland by Lewis Carroll
  - 20. The Phantom Tollbooth by Norton Juster
- 21. A Series of Unfortunate Events by Lemony Snicket

22. American Girl Library Series by Sally Seamans

- 23. Re-Zoom by Istvan Banyai
- 24. Treasure Island by Robert Lewis Stevenson
  - 25. Boy by Roald Dahl
- 26. Sarah, Plain and Tall by Patricia MacLachlan
  - 27. A Wrinkle in Time by Madeleine L'Engle
- 28. Magic Tree House Series by Mary Pope Osborne
- 29. The Thief Lord by Cornelia Funke
- 30. The Land of Stories Series by Chris Colfer

- I. Away Laughing on a Fast Camel: Even More Confessions of Georgia Nicolson by Louise Rennison
  - 2. Eragon by Christopher Paolini
- 3. Shadowmancer by G. P. Taylor
- 4. The Second Summer of the Sisterhood by Ann Brashares
- 5. The Alchemist: A Fable about Following Your Dream by Paulo Coelho, Alan R. Clarke (Translator)
  - 6. Lord of the Flies by William Golding, Edmund L. Epstein
- 7. Adventures of Tom Sawyer by Mark Twain
- 8. The Insiders by J. Minter
- 9. The Truth About Forever by Sarah Dessen
- 10. Heat (Buffy The Vampire and Angel Crossover Series) by Nancy Holder
- 11. Gossip Girl Collection (Boxed Set) by Cecily von Ziegesar
- Like It Like That by Cecily von Ziegesar
- 13. Love, Ruby Lavender by Deborah Wiles, Deborah Halverson (Editor)
- 14. Tale of Two Cities by Charles Dickens
- 15. Glory Field by Walter Dean Myers
- 16. Lord of the Rings Trillogy by J.R.R. Tolkien
- 17. Princess in Pink (Princess Diaries #5) by Meg Cabot
- 18. King and King and Family by Linda de Haan, Stern Nijland
  - 19. Summer Boys by Hailey Abbott
- 20. Sisterhood of the Traveling Pants by Ann Brashares
- 21. Code Name Cassandra (1-800-Where-R-You Series) by Jenny Carroll, Meg Cabot
  - 22. A Hat Full of Sky by Terry Pratchett 23. The Hobbit by J. R. R. Tolkien
- 24. Because of Winn-Dixie by Kate DiCamillo
  - 25. The City of Ember by Jeanne Duprau 26. Life of Pi by Yann Martel
- 27. Buffy the Vampire Slayer: Shattered Twilight, Vol. 2 by Yvonne Navarro, Based On Work by Joss Whedon
  - 28. Messenger by Lois Lowry
    - 29. The Insiders by J. Minter
- 30. The Wish List by Eoin Colfer







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### DO-RIGHT-O-METER



Has completed 13 do-rights for the 2024 Seattle Kids Marathon!

### AWESOME!

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### READ-O-METER



Has read 13 books for the 2024 Seattle Kids Marathon!

### amazing!

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### EAT-RIGHT-O-METER



Has eaten 26 healthy meals for the 2024 Seattle Kids Marathon!

### GREAT JOB!

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### RUN-O-METER



Has completed 5 miles for the 2024 Seattle Kids Marathon!

**GREAT START!** 

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### RUN-O-METER



Has completed 10 miles for the 2024 Seattle Kids Marathon!

WAY TO GO!

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### RUN-O-METER



Has completed 15 miles for the 2024 Seattle Kids Marathon!

### **KEEP GOING!**

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### RUN-O-METER

Has completed 20 miles for the 2024 Seattle Kids Marathon!

### ALMOST THERE!

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