

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.

SEATTLEMARATHON.ORG



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.

1 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.

2 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.

3 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!

4 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) 11:00 a.m. to 8:00 p.m.	UW Medicine Seattle Marathon Health & Fitness Expo 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) (Check-in 7:00 a.m. to 8:45 a.m.)	Seattle Kids Marathon Staging Area Seattle Center Exhibition Hall

Participant shirts will be handed out with the bibs.

2 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.

3 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.

4 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!

5 Course. A map of the route is included and will be available both at the EXPO and the Exhibition Hall.

6 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.

7 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.



EXHIBITION HALL

Race Day Registration & Bib Pickup
Post Race Victory Recovery Area



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seattlecenter



SEATTLE KIDS MARATHON

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LET'S RUN. RUN. RUN.



HOW TO COMPLETE YOUR MARATHON

- 1 Find a safe place to run.
- 2 Walk or run 25 miles, read 13 books, eat 26 healthy meals and perform 13 do-rights (good deeds) before November 29th.
- 3 Look at the schedule below for help in planning your runs.
- 4 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

- 1 Wear running shoes or sneakers and socks. Proper footwear helps prevent foot problems.
- 2 Run/walk with a friend. You can encourage each other that way.
- 3 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.
- 6 Get plenty of sleep. Your muscles need lots of rest so you can keep running/walking every day.
- 7 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 RUN, LET'S HAVE FUN

Run 26.2 miles for the
2024 Seattle Kids Marathon

NAME: _____
AGE: _____
SCHOOL: _____



RUN-O-METER

MILES

1	14
2	15
3	16
4	17
5	18
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13	26.2 RUN TOGETHER WITH EVERYONE ON RACE DAY!

NAME: _____

AGE: _____

SCHOOL: _____



DO-RIGHT-O-METER

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	

DO-RIGHTS

DO RIGHT SUGGESTIONS

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

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
10. Volunteer at a local charity
11. Send a card to a Senior Home
12. Help a friend with their schoolwork
13. Pick up litter in your neighborhood
14. Collect and donate items to charity
15. Donate old toys to charity
16. Volunteer at a local running or sporting event
17. Volunteer at a senior home
18. Walk an elderly neighbor's dog
19. 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
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

SEATTLE KIDS MARATHON

LET'S RUN, LET'S HAVE FUN

Eat 26 Healthy Meals for the
2024 Seattle Kids Marathon

NAME: _____
AGE: _____
SCHOOL: _____



EAT-RIGHT-O-METER

HEALTHY MEALS

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

NAME: _____
AGE: _____
SCHOOL: _____



READ-O-METER

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	

BOOKS

SOME READING LIST SUGGESTIONS FOR KIDS: 4 - 8 YEARS OLD

1. Where the Wild Things Are by Maurice Sendak
2. 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
17. 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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READ-O-METER



SOME READING LIST SUGGESTIONS

FOR KIDS: 9 - 12 YEARS OLD

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
8. Illustory: Write and Illustrate Your Own Book! by Chimeric Inc
9. Junie B., First Grader: Shipwrecked (Junie B. Jones Series) by Barbara Park
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 Cowell
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

SOME READING LIST SUGGESTIONS

FOR TEENS

1. Away Laughing on a Fast Camel: Even More Confessions of Georgja 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
12. I 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 Trilogy 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

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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5

RUN-O-METER



Has completed 10 miles for the 2024 Seattle Kids Marathon!

WAY TO GO!

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10

RUN-O-METER



Has completed 15 miles for the 2024 Seattle Kids Marathon!

KEEP GOING!

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15

RUN-O-METER



Has completed 20 miles for the 2024 Seattle Kids Marathon!

ALMOST THERE!

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