

# Mini Martian Kids Marathon

Lindbergh School is participating in the Martian Kids Marathon at Dearborn's Ford Field on Saturday, April 12th - at 12:00pm (Blue Wave).

This is a 1.2 mile Fun run, so every child is welcome to join for a \$23 entry fee (after March 11th it goes up to \$26).. The race entry will get you a race tee-shirt, a Marathon finisher's medal and Finisher's bag sponsored by BCN. The entire registration process is online; you will not need to send anything to school.



**How to register:** Scan the barcode above and select: "I am here to register as a group leader or group participant". Then select JOIN A TEAM and type in "Lindbergh Elementary". Password: FLYERS25

**Prior to the Race: Take the Challenge:** A Marathon is 26.2 miles, so the kids will run 25 miles before the race and finish the last 1.2 on race day (completing the full marathon on race day). Each child is *encouraged* to log 25 miles from now until race day and they can do this by participating in any activities such as playing basketball, running, soccer, jumping rope, soccer, dance, karate etc. For every 30 minutes of the activity you can receive 1 mile on your log book (on the back of this flyer). So if you play soccer for 1 hour you can log 2 miles on your running log. Although the log book is optional, I highly encourage it to teach healthy habits!

**Before Race Day:** I pass out the runners shirts at school on Friday, April 11<sup>th</sup> for those registered (unless they arrive earlier). If your child is absent that day, I will bring them with me to the event.

**On Race Day:** Look for our school's flag near the start line, schools are typically in alphabetical order. I will also be at the race to help support the students. However, it is expected that parents/guardians stay with your children before, during and after the race. Cheer on your child or run alongside them as they cross the finish line and finish the Marathon!

