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## The 9th Annual EQUINOX KID'S MARATHON

Held in conjunction with the Equinox Marathon, the Equinox Kid's Marathon allows you (a kid in grade K through 6) to run a marathon—1 mile at a time. The goal is for you to improve your fitness and have lots of fun at the same time.

Once your registration form has been received, we will mail you some toe tokens. Your mom, dad, or helping adult will give you a toe token for every 5 miles that you complete. We have included a suggested schedule for completing your miles. The last 1.2 miles of your marathon will be completed on September 17th, the day of the Equinox Marathon.

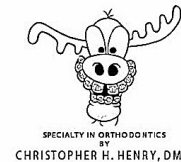
Have an adult help you find a route that is 0.5-1 mile long, and is safe for you to run/walk. High school tracks are excellent places to run (4 laps=1 mile), or find a route in your neighborhood. Get your friends to join you. Get your mom and dad to join you. Fitness is for everybody!

You may pick up your bib number on Tuesday, September 6th at the Pump House (5-8 p.m.), on Friday, September 16th at the Pump House (5-8 p.m.), or near the starting area on race day (8-8:45 a.m.).

The Kid's Marathon will start at 9:00 a.m. at UAF Patty Center. You will run up the sledding hill (just like in the real marathon!), turn left at the top of the hill, and head west along Yukon Drive. At the end of Yukon Drive, you turn left and continue on down the big hill, following the Equinox Marathon route to the finish line at Patty Center. Volunteers will be on hand to ensure a safe event, and your parents and older siblings are welcome to run with you. There will be no times recorded as this is a non-competitive event—everyone who participates is a winner. At the finish line, you can pick up your special Finisher's T-shirt and goodies, refuel with some healthy snacks, and be proud of your accomplishment!

## The 9th Annual EQUINOX KID'S MARATHON

September 17th, 2011



Physical Therapy



## 2011 Equinox Kid's Marathon Registration

Last name: \_\_\_\_\_

First name: \_\_\_\_\_

Mailing address: \_\_\_\_\_  
 \_\_\_\_\_

Phone number: \_\_\_\_\_ Sex: M or F

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Grade in 2011-2012: \_\_\_\_\_

School: \_\_\_\_\_

T-shirt size (youth sizes; circle one):

S(6-8)                  M(10-12)                  L(14-16)                  XL(18-20)

### Waiver

I, the undersigned, know that the Equinox Kid's Marathon is an event which carries the risk of personal injury. I know that there are natural and man-made obstacles and hazards, surface and environmental conditions and risks, which in combination with my actions can cause severe or even fatal injury. I also know that there will be traffic on the course route, and I assume the risk of running in traffic. I agree that, I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards, and in the event the race is cancelled or postponed, I am responsible for any costs I have incurred to attend the race, including travel expenses. I also agree that I, and not the race officials or the volunteers, the University of Alaska, Running Club North, RRCA, or other sponsors of the event, am responsible for my safety while I participate in or train for this event. This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. Race entrants, by signing this entry form, give permission to have their photograph or videotape image used in printed and electronic publications, or video broadcasts, or any similar electronic means.

Child's signature:

\_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's signature:

\_\_\_\_\_ Date: \_\_\_\_\_

Mail completed entries and entry fee of \$10 to: Equinox Kid's Marathon, P.O. Box 84237, Fairbanks, AK 99708

**OR** drop off at Beaver Sports or Equinox Physical Therapy. Make checks payable to **Equinox Marathon Fund**.

**ENTRY DEADLINE: AUGUST 29, 2011**

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## The 9th Annual EQUINOX KID'S MARATHON

**Suggested Timeline (feel free to go at your own pace, and follow your own schedule)**

	Miles per day	Total Mileage
Aug. 8-14	0.5	2.5
Aug. 15-21	0.5	5
Aug. 22-28	1	10
Aug. 29-Sept. 4	1	15
Sept. 5-11	1	20
Sept. 12-16	1	25
Sept. 17	1.2	26.2!

The goal of the Kid's Marathon is to help you incorporate fitness into your daily routine. The program begins with two weeks of 0.5 mile per day, and allows for two "rest" days per week. You can run and/or walk your miles. Remember to stretch after your runs, drink plenty of water every day, and get plenty of sleep. Questions? Call Tracey Martinson at 474-8353.