
The 14th 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 Thursday, September 15th 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. 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 and be proud of your accomplishment!

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September 17th, 2016



2016 Equinox Kid's Marathon Registration

Last name: _____

First name: _____

Mailing address: _____

Phone number: _____ Sex: M or F

Date of Birth: ___/___/___ Grade in 2016-2017: _____

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 \$12 to: Equinox Kid's Marathon, 1716 Reed Circle, Fairbanks, AK 99709.

OR drop off at Beaver Sports. Make checks payable to **Running Club North**.

TO ASSIST WITH SHIRT ORDERS, ENTRIES RECEIVED PRIOR TO AUGUST 26, 2016 ARE APPRECIATED

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Color me!

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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.