

# MARATHON KIDS

## QUICK START GUIDE



### MAKE A GAME PLAN

Here are a few things to consider before registering your Marathon Kids run club.

#### CLUB BASICS

- Who will be the head coach?
- What are the start and end dates of your run club season?
- What is your distance goal for the season: 1, 2, 3, 4 or +5 marathons?
- Estimate the number of participants and when they will run (before school, after school, and/or during school)?



#### TRACKING MILEAGE

- Calculate the distance of one lap around your track, field, or wherever your club will run.
- Heart-pumping physical activity also counts for mileage. Every five minutes equals a quarter of a mile.

#### HERE ARE A FEW EXAMPLES:

- 20 minutes of game time = 1 mile
- 15 minutes of student-led exercises = .75 mile
- 10 minutes of jumping rope = .50 mile
- 5 minutes of indoor Go Noodle = .25 mile

#### YOUR RUNNERS + SUPPORTERS

- When you create your run club roster online, it will help to sort your runners by grade level and class name.
- Supporters can be invited to join your run club at registration.

YOU'RE ALL SET! TIME TO REGISTER AT [MARATHONKIDS.ORG](https://MARATHONKIDS.ORG)



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### REGISTER YOUR RUN CLUB

#### STEP 1. CREATE AN ACCOUNT

- Set a username and password at [www.marathonkids.org](http://www.marathonkids.org).

#### STEP 2. START A CLUB

##### **Add Tracks and Activities**

- Tracks: Set the distance of one lap around your track.
- Activities: Add minutes of heart-pumping activities to equal mileage.

##### **Add your Runners:** Which option works best for your club?

- Upload your roster - Download our template to add runner and parent information.
- Enter manually - Create classes. This is great for smaller clubs that already know who their runners will be. First, create classes (teacher last name, first name, plus an optional class name), then, enter each runner's information. Include a parent email address if you'd like to give parents the option to view their child's dashboard.
- Recruit your runners online - Share a personalized recruitment page with the details of your club so that parents can register their runners.

##### **Add your supporters:** Invite as many volunteers as you'd like to help manage your club.

#### STEP 3. PRINT ID CARDS

- You can opt to print runner ID cards by class or to print them all.
- It's a good idea to print an extra set of ID cards, for when students misplace their cards.

#### STEP 4. DOWNLOAD THE MARATHON KIDS APP

- Available for iOS and Android

#### STEP 5. TAKE A TOUR OF YOUR ONLINE DASHBOARD, RESOURCES, AND ESTORE

- Reach out to us at [programs@marathonkids.org](mailto:programs@marathonkids.org) if you need help along the way!

