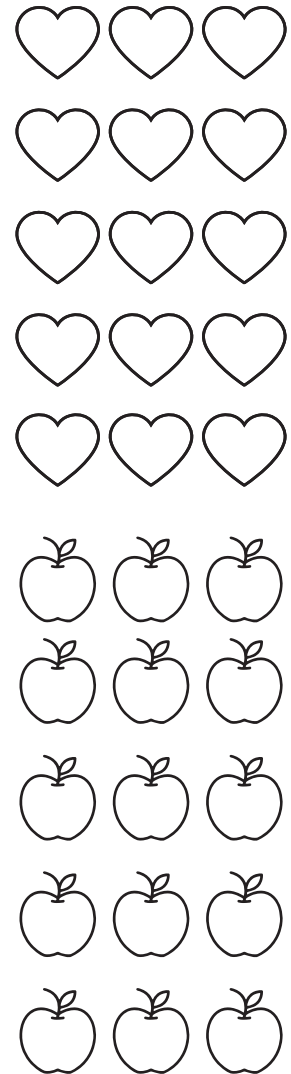
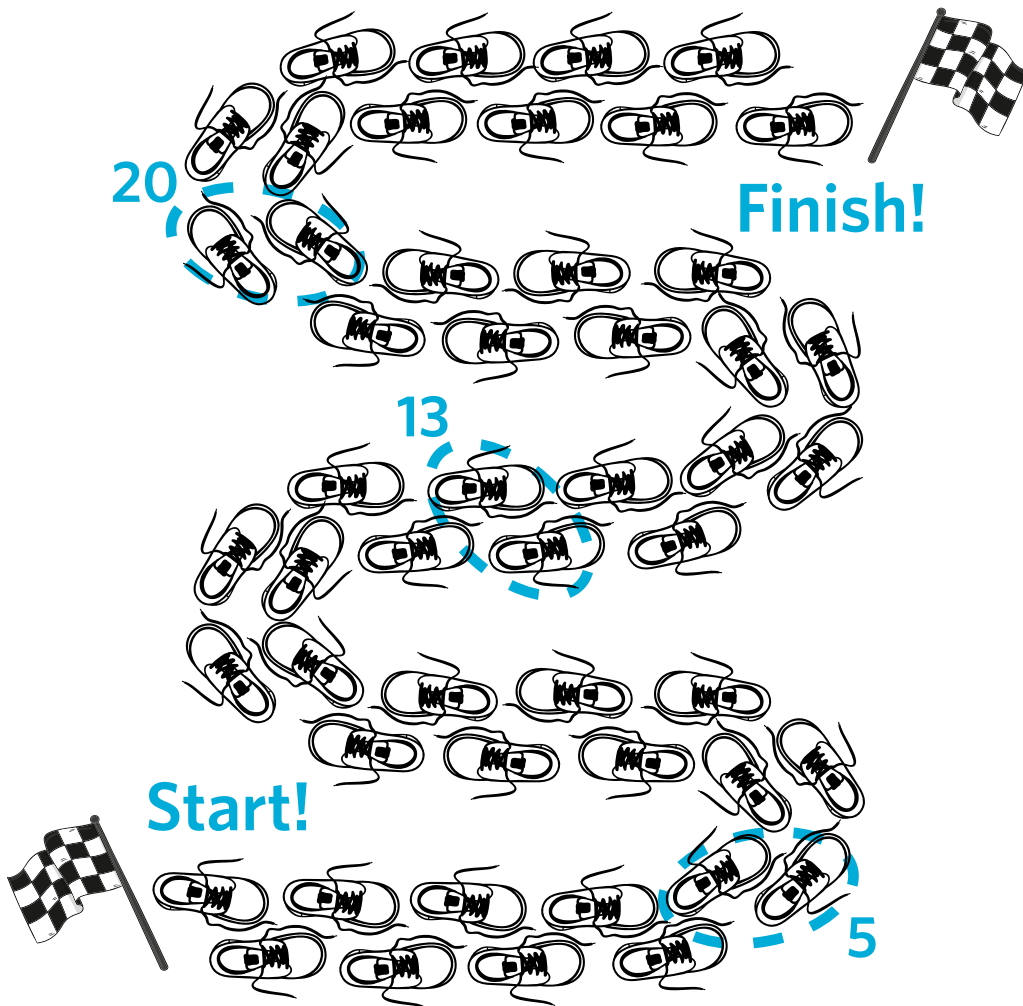


Grand Rapids Kids Marathon

Saturday, October 17, 2020

25-Mile Training Log

Register at grandrapidsmarathon.com/kidsmarathon. Color in one shoe for every half mile you run or 15 minutes of physical activity. Color in an apple for a day of healthy eating and a heart for an act of kindness.



* Each shoe represents a half mile.

Name: _____

Start Date: _____

Finish Date: _____

Sign up for Free!

Kids between the ages of 2 and 12 are invited to participate. Register for the Kids Marathon and run or exercise at your pace for 25 miles.

On Saturday, October 17, 2020, run the last 1.2 miles of your marathon on the official race course of the Grand Rapids marathon. Registered runners receive an official race bib and T-shirt. All finishers receive a medal and certificate.

Watch the website, newsletter, and Facebook for details!

www.grandrapidsmarathon.com/kidsmarathon

Join us for these fun milestones along the way:

Virtual 1-Mile Kick-Off Run

Monday, Aug. 10, at 6:30 p.m.

Run your first mile virtually by joining our Facebook live kickoff event!

Miles with Miles- live Facebook Event

Wednesday Evenings, 6pm

watch the website, newsletter, and facebook for details

Final 1.2 Mile Run

Please note: If weather or public health guidelines warrant a change to these dates, you can find updates on the website or our Facebook page.

Training Tips

1. How will I be kept informed on training and race day information?

Monthly newsletters are emailed to keep you up-to-date on training, virtual events and race information.

2. Do I have to register to attend a kickoff event?

No, you may attend the virtual Kick-Off Run and register later.

3. When is packet pickup?

Please read the newsletter and stay plugged into Facebook for updates to packet pick-up locations due to COVID-19

4. Will I receive an event T-shirt?

Yes, your T-shirt will be in your race packet.



HealthyCounts

A health routine kids can count on.

8 More than eight hours of sleep a night

7 Breakfasts a week

6 Home-cooked meals a week

5 Servings of fruits and vegetables a day

4 Positive self messages a day

3 Servings of low-fat dairy a day

2 Hours or less of screen time a day

1 Hour or more of physical activity a day

0 Sugary drinks a day

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. [81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فيمكنك الحصول على المساعدة اللغوية المتاحة مجاناً. اتصل على الرقم 1.844.359.1607 (TTY: 711).