The 13th 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 19th, the day of the Equinox Marathon.

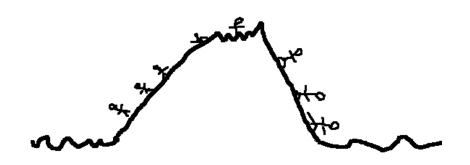
Have an adult help you find a route that is 0.5-1 mile long, and is safe for you to run/walk. High school tracks are excellent places to run (4 laps =1 mile), or find a route in your neighborhood. Get your friends to join you. Get your mom and dad to join you. Fitness is for everybody!

You may pick up your bib number on Thursday, September 17th at the Pump House (5-8 p.m.), on Friday, September 18th 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!

The 13th Annual EQUINOX KID'S MARATHON

September 19th, 2015





First name: Mailing address: Phone number: Sex: M or F Date of Birth:// Grade in 2015-2016: School:	2015 Equinox Kid's Marathon Registration				
Phone number:	Last name:				
Phone number:	First name:				
Date of Birth:// Grade in 2015-2016: School:// Grade in 2015-2016: T-shirt size (youth sizes; circle one): S(6-8) M(10-12) L(14-16) XL(18-20	Mailing addre	ess:			
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 carrithe risk of personal injury. I know that there are natural and man-made obstacl and hazards, surface and environmental conditions and risks, which in combinati with my actions can cause severe or even fatal injury. I also know that there be traffic on the course route, and I assume the risk of running in traffic. I agrithat, I, as a participant, must take an active role in understanding and accepti these risks, conditions, and hazards, and in the event the race is cancelled postponed, I am responsible for any costs I have incurred to attend the race, cluding travel expenses. I also agree that I, and not the race officials or the voluteers, the University of Alaska, Running Club North, RRCA, or other sponsors the event, am responsible for my safety while I participate in or train for this eventh is waiver extends to all claims of every kind or nature whatsoever, foreseen unforeseen, known or unknown. Race entrants, by signing this entry form, gipermission to have their photograph or videotape image used in printed and eletronic publications, or video broadcasts, or any similar electronic means. Child's signature: Date: Parent/Guardian's signature:	Phone numb	er:	Sex:	M or F	
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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 28, 2015 ARE APPRECIATED

The 13th Annual EQUINOX KID'S MARATHON

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

26.2

	Miles per day	Total Mileage
Aug. 10-16	0.5	2.5
Aug. 17-23	0.5	5
Aug. 24-30	1	10
Aug. 31-6	1	15
Sept. 7-13	1	20
Sept. 14-18	1	25
Sept. 19	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.