



**Whitecourt / Mayerthorpe RCMP,  
Town of Whitecourt  
Fallen Four Memorial Society are proud to  
bring you this exciting athletic event.**



Not everyone desires to run a marathon, but our bodies were designed to run!  
Most people don't realize the potential of the human body until they try. The  
Fallen 4 Marathon group has developed a program that is a wonderful  
opportunity to interest children in fitness and goal setting and making the  
challenge fun and easy.

We have created a program that provides training goals and a program record  
so that school aged children will get moving well before the Marathon event  
weekend. By working on completing the first forty kilometers (40K) of the  
marathon distance with your child, student or athlete, you can ensure that daily  
activity becomes part of a child's everyday routine and practice.

In schools, the required twenty minutes of physical activity can be carried out  
with the Kids Marathon in mind, your school's involvement could make you  
eligible to win the **Fallen 4 Kids Marathon Plaque** and bragging rights as "**The  
School That Goes the Distance**" for the largest number of Kids Marathon  
finishers from one school. **At home** make running or walking part of your child's  
after school plan and reward him/her with an entry to the Fallen 4 Kids Marathon  
where the last 2.2 kilometers of Marathon will be completed to the cheers of  
spectators amongst the spectacle of a world class marathon event. If knowing  
that their Mom and Dad are proud of them isn't enough, your child will also get a  
t-shirt, and a Kids Marathon Finishers medal!

Final 2.2km race to take place on

**SATURDAY, JUNE 04th, 2011**

**9:00am**

**Starting at the Allan & Jean Millar Centre**

**School Representing** \_\_\_\_\_

## **KIDS MARATHON Waiver FORM**

\*All fields must be filled out and returned to receive bib on race day

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROV: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_

EMAIL: \_\_\_\_\_

In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby forever waive, release and discharge any and all rights and claims for damages and causes of suit or action, that I at any time have against the Fallen Four Marathon/Relay, all race committee persons, officials, volunteers, Province of Alberta/Alberta Transportation, Town of Whitecourt, Town of Mayerthorpe, Whitecourt RCMP, Mayerthorpe RCMP and all sponsors and supplies of the Fallen Four Marathon/Relay for any and all injuries suffered by me as a result of my participation in this event. I attest that I am physically fit and aware of the dangers and precautions that must be taken when in warm and cold conditions, and have sufficiently prepared for this event.

SIGNATURE OF PARENT OR GUARDIAN:

\_\_\_\_\_

DATE: \_\_\_\_\_

**Please fill out waiver and bring with you on race day !**

### Training Schedule:

It is important to keep track of progress toward your goal. We have included a participation log for you to use.

NOTE: The training schedule is a suggested guideline. Only do what you are comfortable completing. If you complete more than 2.2km per day, great! Just remember to pace your running or walking so that you are ready and able to complete the final 2.2km on Kids Marathon Saturday! We do not recommend that you complete this program early. The schedule leaves three days available for make up days or to give you a rest during the week.

	Day One	Day Two	Day Three	Day Four	Week Total
Week One	0.5km	0.5km	1.0km	1.5km	3.5km
Week Two	1.5km	1.5km	1.5km	2.5km	7km
Week Three	1.5km	1.5km	2.5km	1.5km	7km
Week Four	2.5km	1.5km	1.5km	3.5km	9km
Week Five	1.5km	2.5km	1.5km	2.5km	8km
Week Six	2.0km	2.0km	1.5km		5.5km
	<b>Race Day:</b> walk, jog or run the Family 2.2K route for a total of 42.2km			Total kms:	40
	1 mile = 1600 m = 1.6 km				

This program has been designed to encourage young people to get active and enjoy the benefits of good health and well being. Kids Marathon is geared towards children ages 12 and under and is a wonderful opportunity for parents, teachers and coaches to promote activities like walking and running, to young people.

Adults usually train for six to seven months in preparation for running a marathon. The National Coaching Certification Program recommends that long efforts of Aerobic Endurance may be trained in athletes over the age of 12 and 13 in females and males. These guidelines are in accordance with the National Long Term Athlete Development Model. The Fallen 4 Kids Marathon has been designed so that kids will actually participate in the majority of the race in the six weeks prior to race day. They begin with a 0.5km run/walk in week one, and then increase to a 3.5km run/walk by week four. The final 2.2K of the Kids Marathon will be on the actual marathon course on race day, June 04th, 2011. Upon crossing the finish line each participant will receive a finisher's medal. Kids Marathon training is completed through the honor system under the guidance and verification of a parent, teacher or coach.

**COST: \$5.00**

Includes: T-Shirt and Finishers Medal

#### Why participate in Kids Marathon?

1. Exercise makes you physically fit.
2. Running and walking are a great way to have fun and exercise.
3. You can run or walk anytime and anywhere.

#### How do you participate?

It's easy! You begin by running or walking six weeks prior to race day. Under the guidance of an adult (either a parent, teacher or coach) you can start your marathon!

To participate in the last 2.2km of the Fallen 4 Marathon Kids Marathon event you will need to register for the Kids Marathon on-line at [www.fallen4marathon.com](http://www.fallen4marathon.com).

**We will not be accepting any local or drop-off registrations.**

