



KIDS MARATHON: JUNE 5th



DEAR PARENTS: Your student has been invited to start tracking miles for the 17th Annual North Olympic Discovery Kids Marathon. Students are given the opportunity at school to walk or run and earn toe tokens for every 5 miles. This program is a great way to get kids moving and setting healthy goals.

MORE ABOUT THE KIDS MARATHON: Kids are an important part of Marathon weekend. Participants from all over the United States and many countries come to the Olympic Peninsula to run in the annual North Olympic Discovery Marathon (NODM). These adults train all year long to be in shape to run the distance.

Kids have the opportunity to run their own marathon (26.2 miles). By setting weekly running goals, they track 25 miles for 6 - 10 weeks leading up to marathon weekend. Students keep a mileage log at school and receive incentives every five miles. At the Kids Marathon fun run, the actual NODM course will be theirs and they will run their last 1.2 miles on the waterfront trail and finish under the same banner as the marathon.

All Clallam County students who complete their mileage log and participate at the June 5th event are eligible for the \$500 Kids Marathon Achievement award.

RACE DAY: Saturday, June 5th - 1-3pm at City Pier, Port Angeles. Bring your family to the pier 15 minutes before your start time to check-in, get your goody bag, t-shirt, your official race bib number and to get warmed-up. The fun run will have a running start! Parents are welcome and encouraged to run/walk with their kids. The 1.2 mile fun run is an out and back on the waterfront trail - starting at the toy boat, running East to the turn around at Francis St. park, and finishing at the toy boat.

HOW TO REGISTER: Use the entry form on the bottom of this page or register on-line at nodm.com. The on-site entry fee is \$15.00 which includes a t-shirt, goody bag, race bib, finisher medal, and treat at the finish celebration. Kids should register before May 20th to guarantee a t-shirt. The virtual entry is \$15.00. Make checks payable to PAMA and mail completed form to: Kids Marathon c/o Angeles Electric, 524 E. 1st St., Port Angeles, WA, 98362

CONTACT INFORMATION: 585-451-0014, nodm@nodm.com **MORE INFORMATION:** www.nodm.com

MISSION STATEMENT: To promote kids health and fitness and to promote the marathon weekend as a family festival.



Child's Name First: _____ Last: _____ Male / Female (circle one)

School/Preschool: _____ Teacher: _____ Grade: _____

City: _____ State: _____

Shirt Size (Circle One): Youth XSmall Youth Small Youth Medium Youth Large Youth X-Large Adult Small Adult Medium

WAIVER: I understand that walking or running in a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to compete. I assume all risks associated with participating in the event, including but not limited to falls, contact with other participants, the effects of weather, traffic and the condition of the road/trail, all such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Port Angeles Marathon Association, the City of Port Angeles, the City of Sequim and Clallam County, all sponsors, contractors, vendors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of the negligence or carelessness on the part of persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legitimate purpose. I also understand that my entry fee is nonrefundable. A parent must sign if an entrant is under 18 years of age. This is to certify that my child had permission to compete in the event, is in good physical condition, and the event officials may authorize necessary medical treatment. I understand that bicycles, skateboards, baby joggers or strollers, roller skates or blades, and animals are not allowed in the race due to the width and nature of the trail, and I will abide by this guideline. It is my responsibility to check the website for updates: www.nodm.com. No refunds or transfers.

Parent Signature: _____ Date: _____

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MILEAGE LOG



FOR PARENTS:

Keep your child's mileage log on the fridge or in a good spot to help remind him/her to get out and run or walk. Please initial each box as your child completes mileage on their way to 25 miles.

Kids who complete all 26.2 miles on the log and attend school in Clallam county are eligible for a scholarship.

For more information, go to: www.nodm.com/kidsmarathon

Hey Kids - way to go! You are about to run a marathon. That's 26.2 miles! This mileage log will help you track your miles. Every box checked is 1/4 mile. For every five miles you run or walk, you will get a token. You can proudly wear your tokens on your shoe or attach them to your backpack.

Get all 100 boxes checked and you have run 25 miles! How many miles do you think you can walk/run each week? Ask your parent or teacher to help you chart your weekly goals. Most kids run 2 - 3 miles per week which means it should take about 8-10 weeks to complete your virtual kids marathon.

Encourage your parents / family members to participate with you and help to log your miles. You can do this! One mile at a time.

Our mission is to promote kids' health and fitness and to promote the marathon weekend as a family festival.

Name: _____

School: _____

E-mail: _____

Grade: _____ Male / Female (circle one)

Phone Number: _____

PLEASE CHECK ALL THAT APPLY:

Completed 24.0 mile log Attends school in Clallam County

Parent or Teacher Signature: _____ Date: _____

If you would like to be entered in the annual scholarship please mail completed form to :

Kids Marathon, PO Box 431, Port Angeles, WA 98362

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