

## Fitness for Kids Marathon

**FOR:** Children in kindergarten through 5<sup>th</sup> grade

**GOALS:** For kids to have fun, gain endurance, build self-esteem, set and reach goals, make healthy life-style choices, and promote family involvement.

**HOW IT WORKS:** Marathons are 26.2 miles. For this marathon, participants record their first 25 miles of running and/or walking as they are completed, supervised by an adult, and based on the honor system. Kids can record miles for March, April, and in May until the 11<sup>th</sup>. School Mileage Club miles may be counted.

**THE FINAL 1.2 MILES WILL BE COMPLETED:**

**WHERE:** Sarg Hubbard Park--Yakima Greenway

**WHEN:** Saturday, **May 11<sup>th</sup>** at 5:00 p.m.

**COST:** Participation is **FREE!** Optional T-shirts-\$10. Adults may accompany kids on the last 1.2 miles.

**INCENTIVES:** Participants will receive a finisher ribbon, snacks, water, and other fun items, plus the satisfaction of completing a marathon!

**Medals will be awarded to the top three boys and girls in each grade in the 1.2 mile finish.**

If you would like to participate in the 2019 Fitness for Kids Marathon, have a parent e-mail registration information to [bwjames@peoplepc.com](mailto:bwjames@peoplepc.com) or complete the registration form and mail to:






**Sarah James, 312 North 50<sup>th</sup> Avenue, Yakima, WA 98908** → **Deadline: MAY 1st**  
Mail \$10 if you would like a T-shirt.

Make checks for t-shirts to: Hard Core Runners

**Need more information?** Contact Sarah James, 961-4979 or [bwjames@peoplepc.com](mailto:bwjames@peoplepc.com).

## Fitness for Kids Marathon Mileage Recording Sheet

Name \_\_\_\_\_  
Walk/Run 3 to 4 times a week. Color in one box for every mile you complete. You have until May 11<sup>th</sup> to color them all. Ready, Set, GO!!!

1	2	See you at Sarg Hubbard Park on May 11 <sup>th</sup> ! Registration begins at 4 pm. The 1.2 mile run/walk begins at 5 p.m. <b>Bring this form with you.</b>	You are about to reach your goal!
3	4		
5!	You've done 5 miles! YOU ROCK!		
6			
7	8	20!	21
9	You are awesome! Keep going!	19	22
10!		18	23
10 Miles! WAY TO GO!		17	24
11	12	16	25!
13	14	15!	Get ready for the fun finish!
			
			26.2! You did it!
			

## Fitness For Kids Marathon

### Inspiration



Barry James was an avid runner most of his life. He was very active in the Hard Core Runners Club, serving as president for two years. While president he strove to increase activities for kids and was the inspiration and driving force for the Fitness for Kids Marathons. He and his wife, Sarah, Co-directed four Fitness for Kids Marathons from 2008-2012.

Barry passed away in December of 2012 at age 43 after a seven year journey with cancer. He lived strong his entire life.

Barry was an elementary teacher for 20 years. He positively touched the lives of hundreds of children in countless ways. His legacy lives on.

## Fitness for Kids Marathon

**Disclaimer:** I know that running a race is a potentially hazardous activity. I understand my child should not enter and run/walk unless he/she is medically able. I agree to abide by the decisions of a race official relative to my child's ability to safely complete the run. I assume all risks for my child associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, including heat and/or humidity. Having read this waiver and knowing these facts and in consideration of your accepting my child's entry, I waive and release the Hard Core Runners Club from all claims or liabilities of any kind arising out of my child's participation in this event. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and or headsets are not allowed in this race and my child and I will abide by these guidelines.

Yes, I have read the disclaimer above and give permission for my child to participate in the Fitness for Kids Marathon. I agree to supervise mileage accumulation and recording and will accompany my child to the event on May 11, 2019.

Child's Name \_\_\_\_\_ Grade \_\_\_\_\_

Parent Signature \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Circle: Boy Girl

School \_\_\_\_\_

E-Mail address \_\_\_\_\_

Optional Youth T-Shirt Size: (Adult sizes available upon request.)

Circle: X-Large Large Medium Small

Email the above information to [bwjames@peoplepc.com](mailto:bwjames@peoplepc.com)  
(the waiver can be signed on May 12<sup>th</sup>) or mail this form **BY MAY 1<sup>st</sup>**  
to Sarah James, 312 N. 50<sup>th</sup>Ave. Yakima, WA 98908  
Make \$10 checks for optional t-shirt payable to:  
**Hard Core Runners**

The School District does not sponsor this event and assumes no responsibility for it. In consideration of the privilege to distribute materials, The School District shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.

## Maraton de Aptitud Fisica para Ninos

**PARA:** Los niños de kindergarten a quinto grado

**OBJETIVOS:** Para los niños se diviertan, resistencia ganancia, construir autoestima, establecer y alcanzar metas, hacer saludable opciones de estilo de vida y promover la participación de la familia.

**COMO FUNCIONA:** Maratones son 26,2 millas. Para este maratón, los participantes registran sus primeros 25 millas de marcha y / o caminando, ya que se han completado, supervisados por un adulto, y con base en el sistema de honor. Los niños pueden grabar millas de marzo, abril, y en mayo, hasta el veintiuno. Escuela Mileage Club millas pueden ser contados.

**Las Ultimas 1.2 Millas se completará:**

**DÓNDE:** Sarg Hubbard Park - Yakima Greenway

**CUANDO:** Sábado, 11 de Mayo a 5:00 p.m.

**COSTO:** El registro es gratuito! Opcional Camisetas-\$10  
Un adulto puede acompañar a cada niño la última 1.2 milla si desea.

**INCENTIVOS:** Los participantes recibirán una cinta de acabado, bocadillos, agua y otros artículos de la diversión.

**Se otorgarán medallas a los tres primeros niños y niñas en cada grado.**

Si a usted le gustaría participar en el 2019 Aptitud para el Maratón Kids, tiene un padre e-mail información de registro a [bwjames@peoplepc.com](mailto:bwjames@peoplepc.com) o completar el formulario de inscripción y envíelo a: Sarah James 312 N. 50th Ave, Yakima, WA 98908

➔ **Fecha límite: 01 de mayo**

Incluya US \$10 si desea una camiseta.

Los cheques para las camisetas a: Hard Core Runners

¿Necesita más información? Póngase en contacto con Tita Rivera Roesler, (509) 654-0537-Deje un mensaje o [titaroesler@yahoo.com](mailto:titaroesler@yahoo.com)



## Fitness for Kids Marathon!

Sponsored by the  
Hard Core  
Runners Club

Saturday,  
May 11, 2019  
5:00 p.m.

Sarg Hubbard Park  
Yakima Greenway