





Where your care comes together.

# NH KIDS MARATHON INFORMATION PACKET

# In association with the New Hampshire Marathon *Held on Saturday, September 30, 2017*

#### **WHO**

This FREE event is being offered to all children in grades K - 8 are eligible to participate. Parents are highly encouraged to participate by logging miles with their children.

#### **WHY**

To promote physical fitness, nutritious eating and an overall healthy lifestyle.

#### WHAT

The goal is to log 25.2 miles of running/walking/activity PRIOR to the Kids' Marathon, and then to participate in the race in Bristol, NH to complete the **final mile** at the NH Kids' Marathon sponsored by Mid-State Health Center.

#### WHEN

Race Day is Saturday, September 30, 2017.

\*Race Start is at the Old Mill Parking Area by the Multi-Use Path in Bristol, NH. (\*kids will be bussed to the start)
Race begins just after at 9:00 am and check-in will begin at 8:00 am – at Kelley Park in Bristol.
Download Mileage Sheet, Participation Packet and get registered FREE online at **nhmarathon.com**Celebration immediately after the race at Kelley Park to recognize this INCREDIBLE achievement for all children who complete the Kids' Marathon.

#### WHERE

Running can be done anywhere . . . in a neighborhood, at the beach, at the ball field, or a local track. Students need to be sure they are running in a safe place. Parents need to know where their children are when running/walking. Everyone needs to stay safe. The TTCC in Bristol is offering a running club during the summer – Fridays @ 6PM Sundays 4PM @ Kelley Park, Bristol.- more information can be found on their website at **ttccrec.org** 

### **HOW**

Kids can run/walk with mom, dad, brother, sister, or friend. The buddy system keeps kids safe and offers encouragement to all. Wear a good pair of sneakers and try to keep one pair just for running. Encourage kids to talk while they run. This will help them maintain an appropriate pace. It is important for kid's to eat right, stay hydrated, and get plenty of sleep.

### Pre-registration recommended!

Complete registration form or register online at nhmarathon.com

First 50 registered will get a Free T-Shirt & special marathon finisher's medal! Only those with completed mileage logs will qualify for the first place age category trophies.

For more information, contact the NH Marathon: race@nhmarathon.com or 744-2713

\*\*This is not a school-sponsored event\*\*



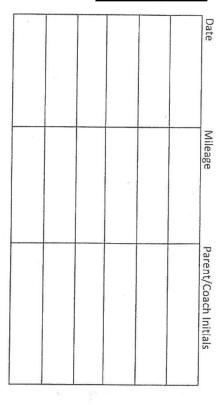
30 North Main Street, Bristol, NH 03222 Phone: (603) 744-2713; Fax: (603) 744-3502 Email: race@nhmarathon.com Web: nhmarathon.com



| KIDS MARATHON PARTICIPANT INFORMATION  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
|  | me   |  |  |  |  |  |
| Birth Date/ Male Femal   | le School  |  |  |  |  |  |
| FAMILY II  | NFORMATION   |  |  |  |  |  |
| Parent/Guardian  | Secondary Contact  |  |  |  |  |  |
| Mailing Address  | Relationship to Participant  |  |  |  |  |  |
| Town State Zip   | Home Phone   |  |  |  |  |  |
| Home Phone   | Work Phone   |  |  |  |  |  |
| Work Phone   | Cell Phone   |  |  |  |  |  |
| Cell Phone   | Additional Contact   |  |  |  |  |  |
| Email Address  |  |  |  |  |  |  |
| TOWN OF RESIDENCE:   |  |  |  |  |  |  |
| MEDICAL INFORMATION  |  |  |  |  |  |  |
| Physician Information  | Phone  |  |  |  |  |  |
|  | Are your child's immunizations up to   |  |  |  |  |  |
| date? Yes No   |  |  |  |  |  |  |
| Please list any allergies, medications or previous co  | ndition that we should be aware of:  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| RELEASE AND WAI  | VER / PHOTO RELEASE  |  |  |  |  |  |
| In consideration of the acceptance of this entry, I do forever release New Hampshire, the NEAC and all sponsors, volunteers and organ Race and Kids Marathon from any claims whatsoever arising from are physically fit and sufficiently trained to compete in this event. The event if environmental or other safety conditions so dictate. I graph squad for assistance and/or transportation to the nearest medical facily. In the event that none of the before named relations can be reached care he/she deems necessary for the safety of myself or my child. I | very Photo Release the Bristol Recreation Advisory Council, the towns of Bristol, the State of izers of the New Hampshire Marathon, Half Marathon, 10-Kilometer Road my and/or my child's participation in this event. I attest that my child and I he race director reserves the right to reject any entry and to shorten or cancel give permission for the staff or volunteers of this event to contact the rescue lity, should an injury occur which in their opinion requires medical attention. I hereby give permission to the attending physician to administer whatever give my permission to have my child's photo taken during this program and have read this Indemnity agreement and understand its terms. |  |  |  |  |  |

Kids Race Proudly MID-STATE HEALTH CENTER Sponsored by:

## NH KIDS MARATHON MILEAGE LOG



<sup>\*\*</sup>Tip of the week: If you are breathing too hard, slow down or walk a bit until you feel comfortable again!

|  |   |  |  | Date                  |
|--|---|--|--|-----------------------|
|  |   |  |  | Mileage               |
|  |   |  |  | 1                     |
|  | a |  |  | Parent/Coach Initials |

\*\*Tip of the week: Eat colorful foods! Always try a colorful fruit or vegetable with your meal.

walking, etc. - they all count!! Feel free to "back-log" miles to be sure \*\* Remember to log your summer activities! Hiking, biking, running, you get up to 25.2 miles before your final mile 9/30/17!\*\*

Date

Mileage

Parent/Coach Initials



Date Mileage Parent/Coach Initials

\*\*Tip of the week: Eat a carb with protein an hour before exercising. (ex. Whole wheat toast with peanut butter)

<sup>\*\*</sup>Tip of the week: Hydration: 75% of your body is water!

Make sure you drink 1/2 your body weight in ounces of water a day.