NH KIDS MARATHON

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.

Use this log to record your activities- hiking, biking, running, walking, etc. They all count!
Feel free to "back-log" miles to be sure you get up to 25.2 miles before you final mile 10/01/2022

Date	Mileage	Parent/Coach Initials

Date	Mileage	Parent/Coach Initials

- **Race Day is Saturday, October 1, 2022 – 8:00 AM – 8:30 AM**
- **Check-in for the Kids Marathon (1-miler) is at Kelley Park by Tennis Courts in Bristol.**
- **Children are bussed to the Race Start.**
- **RACERS BOARD BUS AT 8:35 AM Departs 8:45 AM - FIRM.**
- **The Kids Race begins at exactly 9:15 AM**
- **Awards Ceremony 9:45 AM – Bleachers at Kelley Park**

The Race Course for Kids: The Race starts at the Old Mill Parking Area by the Multi-Use Path in Bristol, NH and finishes in Kelley Park. Any parents who wish to run/walk with their children will also be bussed to the start.

Ideas about where to log your first 25.2 Miles

Running can happen anywhere . . . in a neighborhood, at the beach, at the ball field, or a local track. Children need to be sure they are running in a safe place. Parents need to know where their children are when running/walking.

Safety First!

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

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