



PTA Kids Marathon

The PTA Kids Marathon is a non-timed, non-competitive training program for elementary school students. All students, regardless of physical ability, are welcome to participate. It's a great way to get kids excited about physical activity and reward them for their commitment and accomplishments.

How it works

Kids Marathon participants will log a total of 25.2 miles in the 8 weeks leading up to the PTA 5K. Then, on October 18th (the day of the PTA 5K Run/Walk), students will run, walk, wheelchair, or jog the final 1-mile course* as their families and friends cheer them on! In this way, they have completed all 26.2 miles of a true marathon, but over time, making it a kids marathon. Students will turn in their completed training log on race day. After each student completes the final mile on the day of the PTA 5K Run/Walk, he/she will receive a **PTA Kids Marathon Finisher's Medal**.

**students may choose to participate in the 5K as the end of their Marathon vs. the 1-mile fun run.*

Registration

Register online or mail paper registration form by **Monday, August 24th** and check Kids Marathon on the form. Participants will receive a training log to keep track of the 25.2 miles they walk, run, or wheelchair in the 8 weeks leading up to the PTA 5K. <http://pta5k.com>. Registration is \$10.00 per child.*

Training opportunities for the whole family

In addition to the Kids Marathon, we also have a 5K training available. Whether you are hoping to walk or run your first 5K or improve your time...we have coaches available to support you. Kids Marathon participants are welcome to attend the group trainings as long as they are accompanied by a parent or guardian.

The PTA Kids Marathon is made available with the help of the YMCA and UK Department of Kinesiology and Health Promotion.



*Scholarships are available. Contact Liza Holland at liza@lizaholland.com