



OTTAWA KIDS MARATHON SCHOOL PROGRAM

A FUN, ACTIVE PROGRAM FOR
SCHOOLS AND TEACHERS



22
SCHOOLS

319

students ran
Ottawa Kids Marathon
as part
of the program



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“The triggers that start kids running, and will keep them running, are having fun, being with friends, setting and accomplishing simple goals, enjoying success and having ownership of their running.”

- DOUGLAS FINLEY COACH OF EAGLES RUNNING TEAM, A NONCOMPETITIVE RUNNING PROGRAM FOR CHILDREN IN THE LANSING, MI AREA.

The kids' program is designed to generate interest in running among children and to promote a lifelong commitment to fitness. We want to **1.** show kids that fitness can be fun! **2.** encourage consistency in participation **3.** provide goal-oriented fitness opportunities, including crossing the finish line at Tamarack Ottawa Race Weekend and **4.** Celebrate team-oriented and personal accomplishments.

THE KIDS RUNNING PROGRAM

YOUR EASY PLAN: 5 minute warm-up (0.5 km), 5-10 minute run (1 km), 5-10 minute cool down or strength training (0.5 km) = 2 kilometres! Do this twice a week or more!

PUT FUN BEFORE THE RUN!

Running isn't a program with a start and end date, it is an activity they can enjoy throughout their lives....as long as we show them how. What matters is making every run a fun run.

Running around cones in a gym or a playground for 15 minutes 3 times a week may be a necessity for some schools...and that's ok! You can incorporate games, challenges, obstacle courses, relays and anything else the you can think of to make every run unique.



Find a few run activities that kids like most and repeat them every few weeks to allow them to measure progress. Keep simple records (how many laps they run in 10 minutes, how many walk breaks they take) to help the kids identify where they can improve and make a big deal out of it when they progress. To add importance to these runs, give them special names.

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Here are a few tips for adding some colour to your runs:

- **Run in different and unusual places as often as possible, if possible;**
- **If you're lucky to have track at your school use it!**
- **Set up an obstacle course in the schoolyard (using play structure) or the gym;**
- **Play simple games like Red Light, Green Light or Simon Says;**
- **Plan different types of runs:**
 - **Scavenger Hunt Run:** Two (or more) person teams are given a list of 5 clues. Upon solving them, the teams head out to checkpoints around the school yard to complete challenges (fitness activities such as jumping jacks, push-ups) locate answers and search for things to scavenge.
 - **Relay Run:** do continuous relays to set team records for how many miles or laps completed
 - **Goose Run:** where a group of runners jog single file at a steady pace, and then the last runner in line must sprint to the front of the line, taking the place of the first runner, and so on.



BUILD A RUNNING TEAM!

Generate a sense of belonging by creating a team atmosphere:

- Choose a team name, team colors, a team slogan and a logo for sponsored t-shirts. It will make the kids feel special and allow others to see these kids are part of something special ...and maybe want to join in the fun!
- Schedule a team photo day—we've seen many teams take photos together at Tamarack Ottawa Race Weekend. Plan for this and make it happen!
- Set-up team challenges that make the students work together to accomplish some task, form relay teams made up of kids of different abilities and prompt each runner to cheer for his or her teammates.



MOTIVATION

- Set an example by congratulating, high-fiving or shaking hands with kids after each run. Encourage kids to give each other high-fives and chest bumps, or cheer for each other!
- Point out a simple accomplishment after every run or activity, like running an even pace or running as a team or doing an obstacle course faster the second time than the first. Make a big deal out of it and make it sincere.



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- Create an environment for running where the same children are not always at the back of the pack. Have kids run together as a team sometimes rather than everyone running at a different pace.
- Don't let their running be the only running your students see. Show them youtube videos of Canada's elite runners or inspiring runners like Terry Fox (we'll be covering this in one of our weekly themes)

SETTING GOALS AND EXPERIENCE SUCCESS TODAY!

- Set simple and appropriate goals — ones that can be accomplished in each run or at the next run. Doing a circuit three times one day and setting a goal of doing it four times a week later also is a achievable goal.
- Create team challenges: Some children may not be ready to run as far or as fast as others, so together as a team they can set team records for how many laps they completed on a specific course. Use this challenge every week to measure progress and success.
- Create opportunities for the kids to compete against their personal bests but not against each other.

SMALL REWARDS

Attaining and rewarding small goals can be an important to keeping kids motivated. Run Ottawa can supply Kids Run Ottawa stickers that can be used for small daily accomplishments.

We also understand that it may not be logistically possible for everyone to complete the last 1.2K at Tamarack Ottawa Race Weekend, so we will also be supplying completion certificates to ALL participants.

WEEKLY THEMES

These following weekly themes are based on the key ingredients of an active, healthy lifestyle including daily exercise, smart food choices, and a positive mindset—using the DPA Resource Guide and the Ontario Health and Physical Education Curriculum as guidelines. Weekly themes suggest opportunities for incorporating cross-curricular learning, critical-thinking and numeracy through Daily Physical Activity.

WEEK 01 Overall fitness

WEEK 06 Pace

WEEK 02 Running form

WEEK 07 Speed

WEEK 03 Cardio

WEEK 08 Recovery & sleep

WEEK 04 Stretching & Flexibility

WEEK 09 Mindfulness

WEEK 05 Nutrition / Hydration

WEEK 10 Race Day!

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PARENT PERMISSION AND ENGAGEMENT

It is important that parents understand (and get excited about!) what the Ottawa Kids Marathon School Program is about. Getting their permission and engaging them throughout the program is important—they can even help! Provide updates, invite them to volunteer, encourage them to review the progress sheet with their children—all of these actions will contribute to your students accomplishments and success throughout the program.

Run Ottawa has created a 'suggested' permission / release waiver that can be modified depending on how you will be registering your students.



Ottawa Kids Marathon Program - Permission / Release form

REGISTERING YOUR STUDENTS FOR OTTAWA KIDS MARATHON

Program leaders can register all students using the Registration Form provided below. ALTERNATELY, parents can register their own children at runottawa.ca. You can simply provide us all the names using the same sheet and we will assemble the bibs and tshirts for the whole group. Group pick-up is on Thursday, May 25, 3:00-6:00 pm at Aberdeen Pavilion, 1000 Exhibition Way, Ottawa.

To register your students, please **DOWNLOAD** the form below and add ALL the students who will be participating in the Ottawa Kids Marathon. Once complete, please email the form to kids@runottawa.ca by Monday, May 8, 2023.

We will tally up the number of paid entries and endeavor to invoice you prior to May 23.

Paid entries are \$25.00 + \$6.57 processing fee + HST=\$34.82. Please provide a contact email for Run Ottawa to send the invoice to, if other than yourself.



Ottawa Kids Marathon Participation List (google spreadsheet)

KEY DATE: Monday, May 8, 2023
Registration deadline for Ottawa Kids Marathon

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JOIN THE OTTAWA KIDS MARATHON SCHOOL PROGRAM FACEBOOK GROUP

We've set-up a closed group on Facebook to share updates, weekly themes and activity ideas, and general information about the program. We also want to read about how and what your Program Leaders are doing! Share great tips, activity ideas and progress all within a safe and moderated environment.

Please note: only registered Program Leaders will be accepted into the group for security reasons.



SUPPORT SCHOOLS SHOE PROGRAM

Run Ottawa's show partner, Footwear4Kids collects shoes from shoe drives. They distribute these shoes, free of charge, to kids in need. Our goal is to ensure all kids have the proper footwear to support them throughout the Ottawa Kids Marathon School program. Please contact kids@runottawa.ca to find out more or to arrange for shoes to be dropped off for your students at ANY TIME during the program.

RACE KIT PICK-UP

If you register as a group, you can pick up your students' race kits Thursday, May 25, 4:00-6:00 p.m. at Aberdeen Pavilion, 1000 Exhibition Way. Included in the each student's kit will be a t-shirt, a race bib with safety pins, and a cinch bag. All of your school's race kits will be grouped together by our amazing volunteers. Please bring a copy of your Ottawa Kids Marathon Group Registration form, so you can make sure you have them all!

KEY DATE: Race Kit Pick-up, Thursday, May 25, between 4:00-6:00 p.m.



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OTTAWA KIDS MARATHON RACE DAY

Saturday, May 27, 2023 is race day! Start and finish of the **Ottawa Kids Marathon** is located on Laurier, in front of Ottawa City Hall, and the race starts at 2:00 pm! Make sure all students have their race bibs on the front of their shirts. Please inform parents to give themselves enough time to get to the start line on time. Some roads will be closed, so have them plan ahead.

Again for 2023, we will allow Program Leaders from each school to run with their students. T-shirts will be provided to those Program Leaders, and will be included with the race kits at group pick-up. Program Leaders receive a free entry and can register with the promo code provided after signing up for the program.

Kids Meeting Area: There are coloured meetup pillars in the Farm Boy Recovery Zone. Your students bibs will also have a designated colour bar. Teachers, students and parents should meet at the pillar that matches the colour bar on their bib.

Don't worry! We will also send you all the information you need to provide parents closer to race day!

KEY DATES

MONDAY, MARCH 20

Official start of the Ottawa Kids Marathon School Program—but you can start ANY time before May 27!

MONDAY, MAY 8

Registration deadline for Ottawa Kids Marathon if registering a group. Please submit the registration form provided in this kit.

THURSDAY, MAY 25 3:00 p.m. – 6:00 pm

Tamarack Ottawa Race Weekend Race Kit Pick-up
Aberdeen Pavilion, 1000 Exhibition Way

RACE DAY! SATURDAY, MAY 27

Ottawa Kids Marathon

Race start: 2:00 pm



QUESTIONS?

Contact kids@runottawa.ca