

KIDS MARATHON

TEACHER/COORDINATOR GUIDE

PRESENTED BY:



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GOVERNOR'S CUP • HELENA, MONTANA

govcupmt.com

INTRODUCTION

The Governor's Cup Kids Marathon six-week training program is an excellent way for educators to encourage students to establish an exercise routine and to increase overall health and fitness. The program is free to all participating schools and students, and is open to students in grades K-5 and is designed to be fun for everyone.

Dedicating about 15 minutes two times per week to the training program starting in mid-April will allow students the opportunity earn awards. Participants will receive charms for attending running sessions that they can proudly display on their backpacks, a unique Kids Marathon T-shirt and free entry in the Kids Marathon 1-mile run at 6:30 p.m. on June 10, 2022, at Centennial Park. Finishers at the Kids Marathon 1-mile run will receive a unique medal, too!



PURPOSE

- 1** To encourage students to make regular physical exercise a part of their lives.
- 2** To provide students with a positive experience in improving their fitness.
- 3** To enable students to complete the Kids Marathon 1-mile run confidently and at their own pace.

GUIDELINES

- 1.** The training program should be held for six weeks leading up to the Governor's Cup, with two training sessions per week during the school day.
 - a.** For example, the training program at Hawthorne elementary uses the final recess on Tuesdays and Thursdays – providing organizers and volunteers 5 minutes worth of sign-in and warmup, and 10 minutes of running per recess.
- 2.** The program, therefore, only takes 30 minutes per week.
- 3.** Running sessions will be tracked using punch cards, provided to you by Kids Marathon organizers.
 - a.** Cards will have 12 places designated for punches.
 - b.** Cards will be distributed to each student in attendance prior to that day's training session, preferably using a volunteer for each grade level to speed the check in process along, and returned to volunteers upon completion of the session.
 - c.** When a card is returned, that student will receive their designated award, also provided by Kids Marathon organizers.
 - i.** The cards will then be returned to the coordinator, who will add a punch to returned cards to keep track of student progress
 - ii.** Coordinators have the option of keeping track of progress on a tracking sheet, in case a student loses his/her card, etc., and to report participation information to coordinators. This information is needed to provide tokens and order T-shirts.
 - d.** The first charm awarded will be accompanied by a chain that will allow students to attach their charms to their backpack.

AWARDS SYSTEM

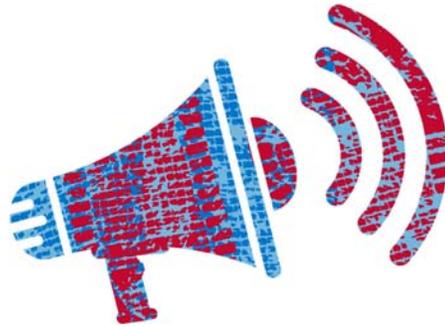
1. For every 10 minutes of running, students will be awarded a charm to recognize their achievements. For the first five 10-minute sessions, students will be awarded a foot. For completion of the sixth session, students will receive a silver food charm to recognize their halfway point of their “marathon.” They again will receive foot charms for sessions 7-11, before earning a gold foot charm if they participate in all 12 sessions.
2. Students who attend at least 10 of the 12 sessions will receive a Kids Marathon T-shirt, which they must wear to participate in the 1-mile run at 6:30 p.m. on June 10, 2022, at Centennial Park to complete the program.
3. Participants who are wearing their shirts will receive a unique finisher’s medal upon completion of the 1-mile run.



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TIPS

1. Emphasize participation and enjoyment rather than competition.
2. Encourage participants to start slow to determine a running pace they can maintain for 10 minutes at a time. If running the full 10 minutes is too much for certain participants, encourage them to break up the running with short walking segments to recover. Walking is exercise, too!
3. Emphasize runner safety (example: no open-toed shoes) and courtesy throughout the program. Try to recruit enough volunteers (parents, fellow educators, etc.) to ensure runners have supervision throughout the training sessions.
 - a. Try to recruit enough volunteers to have at least one per grade level, which will help with check-in and supervision.
 - b. Contact volunteers regularly to ensure you have enough help for each training session.



WEATHER

Because spring weather in Montana is unpredictable, a practice session could possibly be disrupted. In these cases, coordinators can either cancel the practice or postpone the practice and reschedule the following day. If the practice has to be canceled, award all participants with a complete session to ensure students are still eligible for the T-shirt and 1-mile run participation.



OTHER PREPARATION

Encourage students to run on their own or with their parents and to participate in other fun runs leading up to the Governor's Cup Kids Marathon. Several options are available throughout the spring, and information can be found at the websites listed below:

www.406running.com

www.racemt.com

www.icebreakergf.com

www.ymcamissoula.org/riverbank-run/

www.komenidaho.montana

www.pricklypearlt.org



CONTACT INFORMATION

Kids Marathon coordinators will be available to provide assistance during the program. Please contact them using the information below to ask any questions.

Bryan Haines

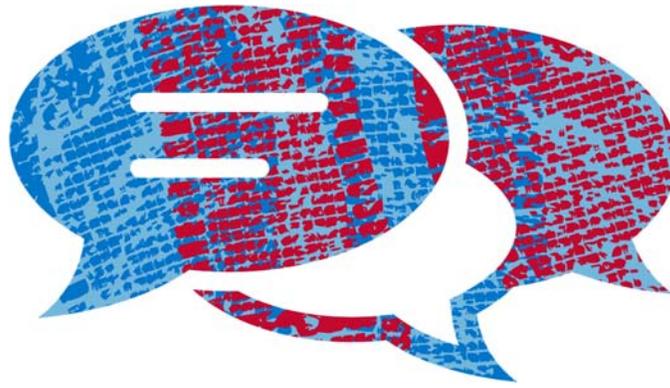
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