



auckland  
marathon

Pace 

# KIDS MARATHON

30.10.11

2.195km

## READY...SET...GO FOR YOUR LIFE!

The KIDS MARATHON is a fun, life-changing experience for all kids at primary school, age 7 and over and intermediate school kids. Over the course of 8, 10 or 12 weeks, participating kids develop life-long fitness skills, increased self confidence and an amazing sense of accomplishment by running, stage by stage, the equivalent of a full marathon.

### REGISTRATION - TAKING THE FIRST STEP

Kids can enter individually at [www.aucklandmarathon.co.nz](http://www.aucklandmarathon.co.nz) or as a part of a school team - ask if your school is taking part in the programme. Entry costs just \$25 (non-refundable).

### FREE TRAINING DIARY FROM PACE

Pace has put together a great training diary which includes a training program, notes on nutrition, stretching and all sorts of hints and tips to help kids take part in the event. It's also a good booklet to be able to record their goals and mark off their training. Best of all it will be available free to download from either [www.pace.co.nz](http://www.pace.co.nz) or [www.aucklandmarathon.co.nz](http://www.aucklandmarathon.co.nz)

All kids entering also need to collect a race pack, containing their race number and timing chip, from the adidas Auckland Marathon Registration and Expo, on 27 - 29 October.

### GOING THE DISTANCE

The goal of the Kids Marathon is to run the same total distance as a full marathon (42.195 km) over the course of an 8 week, 10 week or 12 week structured training programme. All kids at primary school, age 7 and over and intermediate school kids can get involved, running 3-5 km per week as they follow the programme. The final 2.195km of the race is run on Sunday 30 October as part of a massive event in the centre of Auckland city - the 2011 adidas Auckland Marathon.

Taking part in the marathon is a fantastic way for kids to develop life-long fitness skills, and improve their social and emotional development. It's also a huge feeling of accomplishment and a great self confidence boost for them to successfully cross the finish line in front of hundreds or even thousands of cheering fans, friends and family.

The race is also timed. Going the distance and completing the whole marathon is what matters, so kids of all levels of ability can participate and be successful.

Proud sponsor of the  
2011 Kids Marathon

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[www.pace.co.nz](http://www.pace.co.nz)



## GETTING KIDS ACTIVE

The KIDS MARATHON is a simple, achievable and rewarding way to help kids start living a healthy, active life. The goal of the KIDS MARATHON is to get kids aged 7-13 into a long-term habit of exercising.

For many modern kids, getting outside and exercising isn't as enticing as leisure time activities like television and video games. It is our intention that, by partnering with large sporting events and building strong connections with the elite sports world, we can once again get kids excited about getting active.

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## HOW IT WORKS

There are three stages to the KIDS MARATHON: Registration, Training and The Big Day.

## TRAINING - KEEPING THE PACE

Programme	Start Date	Sessions per week	Distance per week
8 Weeks	w/c 5 Sept	5	5 km
10 Weeks	w/c 22 Aug	4	4 km
12 Weeks	w/c 8 Aug	3-4	3-4 km

Kids are encouraged to involve their family by running from home, at school, or a nearby park at least once per week.

## THE BIG DAY - CROSSING THE FINISH LINE

The weeks of effort pay off on Sunday 30 October, when all participating kids complete the final stage of their marathon amidst the race day excitement of the adidas Auckland Marathon. The race kicks off at 10.45am on Beaumont St Auckland City, and the kids follow a 2.195 km course before finishing under the main finish gantry on Fanshawe St. After crossing the finish line, every single kid who has completed the full 4.2.195 km will be presented with a KIDS MARATHON Finishers Medal.

For more complete Race Day information, speak to your school or visit [www.aucklandmarathon.co.nz](http://www.aucklandmarathon.co.nz)

THE KIDS MARATHON IS A FUN, LIFE-CHANGING EXPERIENCE  
FOR KIDS AGED 7-13 YEARS. GET INVOLVED TODAY!



[www.pace.co.nz](http://www.pace.co.nz)