Marathon Kids

Implementation Toolkit

A guide to help you successfully start Marathon Kids with the help of USU Extension

Extension
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MARATHON KIDS

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MARATHON KIDS

TABLE OF CONTENTS

01 IMPLEMENTATION MATERIALS
02 PROGRAM INTRODUCTION
03 YOUR ROLE AS A COACH
04 INITIAL CHECKLIST: GETTING STARTED
05 IMPLEMENTATION OPTIONS
07 DIGITAL PLATFORM
08 SCANNING APP
12 ADDING MILES/MINUTES
14 APPROVING MILES/MINUTES
16 ADDING PARTICIPANTS
22 MILE/MINUTE TRACKING
23 TIPS FOR SUCCESS
27 COACH RESOURCES
31 IMPLEMENTATION EXAMPLES

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MARATHON KIDS

Implementation

Materials

Thank you for being a champion of health in your community through USU Extension Marathon Kids! The materials in this toolkit will help you as a "coach" to start Marathon Kids FREE of charge for your community.

In order to ensure that you have the support needed to start a successful program, it is important to utilize these resources. If you have any questions, please contact Emma Parkhurst at emma.parkhurst@usu.edu.

Special thanks to Marathon Kids for providing the information included in this toolkit.

Program Introduction

USU Extension Marathon Kids

Welcome to USU Extension Marathon Kids! This program is free, and kids of any fitness level or age can participate.

Marathon Kids is a national program with the mission to get all kids moving. Research shows when children participate in Marathon Kids, they have a better chance of getting the recommended amount of daily physical activity. That's good news for their bodies and minds. When kids feel healthy, they perform better in school, think more clearly, and improve their attitude/behavior. This program is free, and kids of any fitness level or age can participate.

You can run, walk, or do any kind of heart-pumping activity! Every mile or minute counts. If you aren't able to officially measure your running or walking distance, you can base your mileage on time. Every five minutes of heart-pumping activity or exercise you do is equivalent to a quarter of a mile.

Examples of run/jog/walk minutes:

- 5 minutes = 1/4 of a mile
- 10 minutes = 1/2 of a mile
- 15 minutes = 3/4 of a mile
- 20 minutes = 1 mile

Examples of heart-pumping activities:

- 5 minutes of jumping rope = 1/4 mile
- 10 minutes jog/walk = 1/2 mile
- 15 minutes of bike riding = 3/4 mile
- 20 minutes of a high-intensity interval training (HIIT) workout = 1 mile

Roles & Responsibilities as a Coach

- Set up and manage club in platform.
- Add participants.
- Run your program (support from USU Extension available).
- Approve/decline miles or minutes submissions.
- Provide in-person opportunities for activities (optional but encouraged).

Your Role

As a Marathon Kids Coach

Are you ready to be a champion for health in your community and inspire the next generation to take their first step toward a healthier future?

OVERVIEW

Coaches are the heart and soul of Marathon Kids. Whether you're a PE teacher, classroom teacher, before/after-school program leader, community organization leader, or parent volunteer, being a Marathon Kids coach involves facilitating the program and modeling the way for kids.

The purpose of our goal-driven program is to increase daily physical activity by challenging kids to run, jog, walk or move the equivalent of four (or more!) marathons over the course of a season.

As a coach, you'll empower your participants to reach their individual goals and promote a growth mindset. Goals are conquered by completing minutes of heart-pumping activity or finishing miles in achievable increments. We provide the tools, while you bring the fun, energy, and encouragement to motivate kids to go farther than they ever thought possible.

TRACK WITH TECHNOLOGY

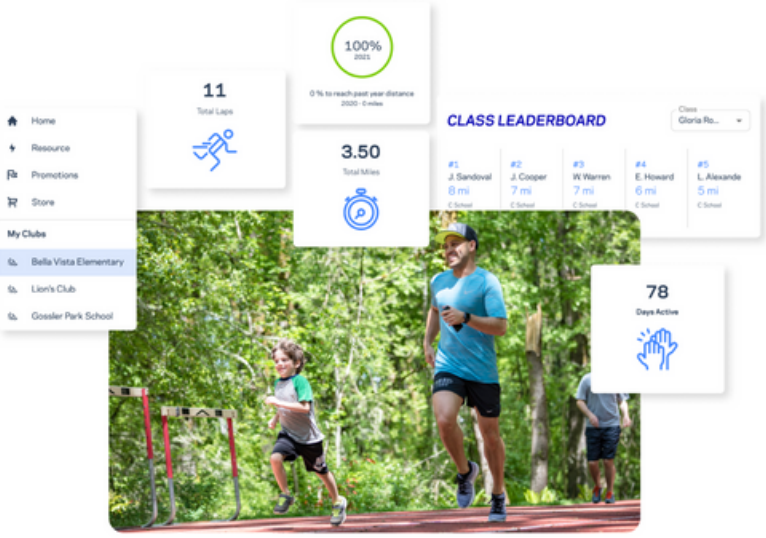
Marathon Kids Connect is your go-to digital resource — a cloud-based platform that makes tracking and reporting on kids' physical activity fun and simple.

Once you create your account, you can add your participant roster, customize program goals, and access the mobile scanning app to log miles and minutes! In addition, our coaches have access to a library of lesson plans, videos, tips, and resources to help you succeed.

COLLECT DATA & CELEBRATE MILESTONES

Marathon Kids programming adds fun, community building, and friendly competition to your schedule. Setting goals, staying accountable, and moving together will encourage your participants to keep crushing miles. Being active is more enjoyable when you feel the positive support of others and, have friends to run/walk with you!

Coaches can utilize the platform's reporting feature to keep participants updated, build a growth mindset, and grow community around physical activity. Our cloud-based platform allows you to review captured effort, and impact reports make it easy to check on participants' progress, share leaderboards, and celebrate milestones.



Initial Checklist

Getting Started

This checklist will guide you through the process of creating your account and starting your Marathon Kids program.

- [ ] Watch all training videos HERE.
- [ ] Create your Marathon Kids (MK) account: app.marathonkids.org.
- [ ] Click "Sign Up" and follow prompts.
- [ ] Go to email and verify from **noreply@marathonkids.org** to activate account.
- [ ] Click orange arrow to "add new club".
- [ ] Claim school, building, organization, etc., and follow prompts to set up your new club.
- [ ] Set your tracks and other activities.
- [ ] Add classes and participants.
- [ ] Add supporters - this is where you'll add Emma Parkhurst (emma.parkhurst@usu.edu) as COACH so she can provide technical assistance.
- [ ] Select all participants to "print ID cards" (can be done later).
- [ ] Download Marathon Kids Connect app to scan QR codes (it's the blue and white app).
- [ ] Click "finish" and you're ready to go.
- [ ] After your program ends, please complete this quick survey to give us any feedback.

Questions? Email emma.parkhurst@usu.edu for assistance

Implementation

Options

Marathon Kids is customizable. There are different ways to implement the program. That's the beauty of the program and digital platform, there are no two schools or programs exactly alike, so you can customize the program to meet your needs.

Run/Activity Club

Use Marathon Kids to track miles or minutes of activity for running clubs, whether they're before/after school or community-based.

Classroom/PE

Use MK to track miles or minutes of activity in the classroom or during PE and use the active resources provided for activity ideas.

Full-School

Get the whole school on board and participant during the school day, before or after school, during recess, and/or virtually. Host a fun run to kick things off or to wrap up a program!

Virtual

Start a virtual program and encourage parents and participants to do their own activity and log miles or minutes from home. NOTE: you can add a virtual component to each option listed above if desired.

***Watch training video here**

Implementation

Considerations

Who can participate?

Both youth and adults can participate. If adults want to participate, they should be assigned as a 12th grader. An "adult" or "community member" option is not currently available. Optional: if you have both youth and adults participating in a program, you can include an asterisk to their first name when registering them in the platform, such as John*, or simply specify that they are an adult, like John - adult.

Do you know who will participate?

If yes, it is recommended to use the Manual Entry feature for a program with 0-75 participants. A program with 75 or more is recommended to use the Add in Bulk feature. If no, use the Recruitment feature. It will generate an online registration form to recruit participants. Optional: parents can submit miles from home.

What types of physical activity will you count towards mileage?

Whether your participants complete laps or minutes, all heart-pumping activity counts towards mileage. Remember, every 20 minutes of physical activity translates to 1 Marathon Kids mile. This includes simply playing outside!

How long should a season be?

The length of your program or "season" is totally up to you. Most programs run at least 6-8 weeks but may be longer or shorter.

Should we set a goal as a program?

It is recommended to set a goal for your program at the beginning of the season. For example, if your program has 100 kids and you predict each kid would run one mile a week (100 x 1) and the club plans to meet for 10 weeks (100 x 10), then you might set a goal of reaching 1,000 miles total. Other clubs may set general goals like completing X amount of marathons.

What happens if we don't meet our goal?

Didn't meet your goal? That's ok! Celebrate what your club DID accomplish and try again during the next season.

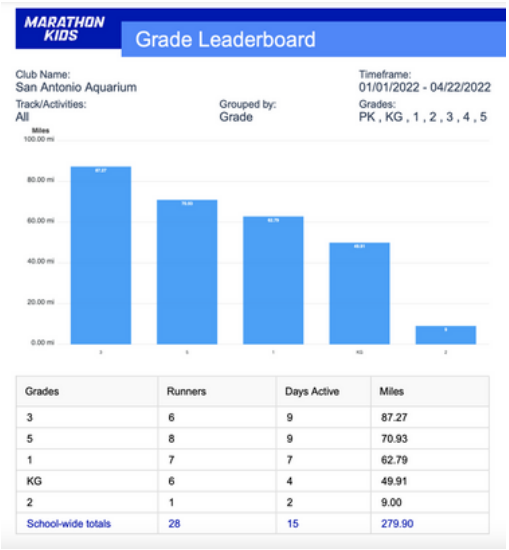
Digital Platform

Overview

The real-time digital platform equips you to manage your program and monitor achievements all season long. This is where you can add participants, keep track of miles and minutes, and invite parents. It's easy to navigate and you can invite others to help you manage the data. You can invite an unlimited number of supporters to your account to be able to view the data, enter manual miles, and help celebrate students. You will likely visit your dashboard often for quick data and to update your participants. This platform is user friendly and there's built in support to help you when you have a question. You can also reach out to USU Extension for additional assistance.

Think of this personalized account as a school/program account you can invite others to access. Parents and students can view their own personalized dashboard as well.

***Watch <u>training video here</u>**



Grades	Runners	Days Active	Miles
3	6	9	87.27
5	8	9	70.93
1	7	7	62.79
KG	6	4	49.91
2	1	2	9.00
School-wide totals	28	15	279.90

Grade: KG

Class Name	Runners	Days Active	Miles
ONeil	6	4	49.91
KG Grade totals	6	4	49.91

Grade: 1

Class Name	Runners	Days Active	Miles
Walker	7	7	62.79
1 Grade totals	7	7	62.79

Grade: 2

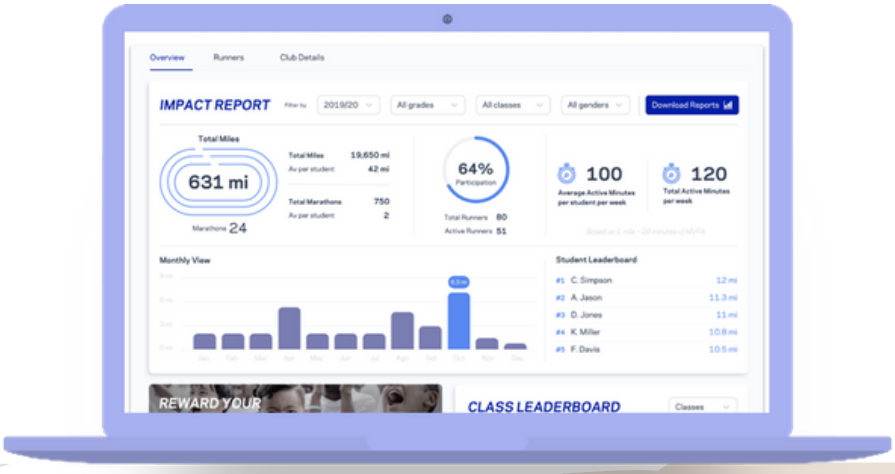
Class Name	Runners	Days Active	Miles
Michaels	1	2	9.00
2 Grade totals	1	2	9.00

Grade: 3

Class Name	Runners	Days Active	Miles
Michaels	6	9	87.27
3 Grade totals	6	9	87.27

Grade: 5

Class Name	Runners	Days Active	Miles
Lane	8	9	70.93
5 Grade totals	8	9	70.93



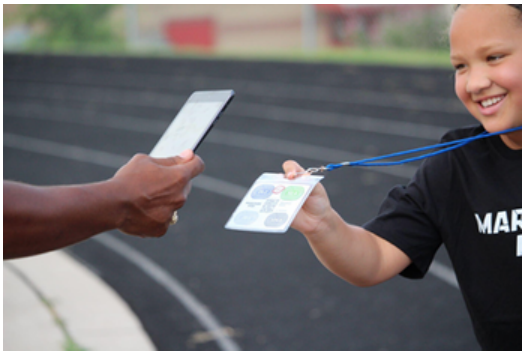
Marathon Kids Connect

Scanning App

The Marathon Kids app is available on iOS (Apple products), Android, and tablets. The app is solely used to scan participant ID cards with the camera of your device during in-person activities to track mileage/activity. Each participant has a unique QR code that is auto-generated after signing up. No WIFI is required to scan participant ID cards after first logging in with WIFI.

IMPORTANT NOTE: after scanning, you will need to connect your device to WIFI or use data to sync participants' efforts into the platform. Parents and students do not have access to the scanner app. To use the scanner app:

1. Log in using the same login information to access your MK coach account.
2. Choose your club and click "run."
3. Click "run" for the activity or track you'd like to scan ID cards for.
4. Select "start live session" and wait for count down.
5. Participants begin their activity and begin scanning ID cards.
6. When finished, click "stop live scanning" and "finish and sync" once connected to WIFI or using data.
7. Wait for the green check mark to indicate the sync is complete.
8. NOTE: If at any time you get a failed scan, you can check your "log history" to resubmit those with WIFI or cellular data.

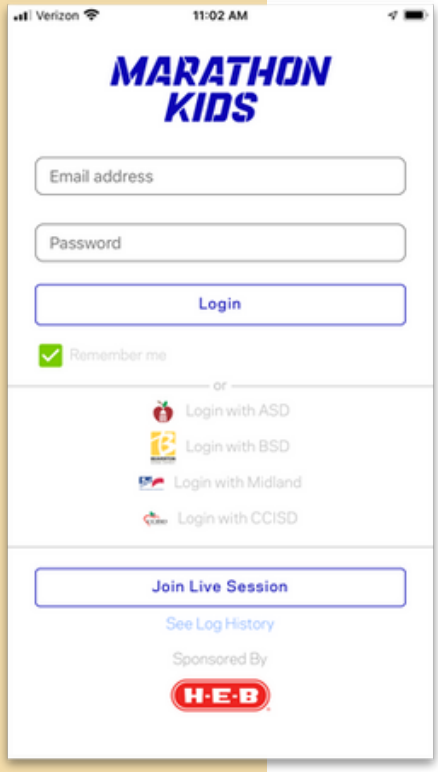


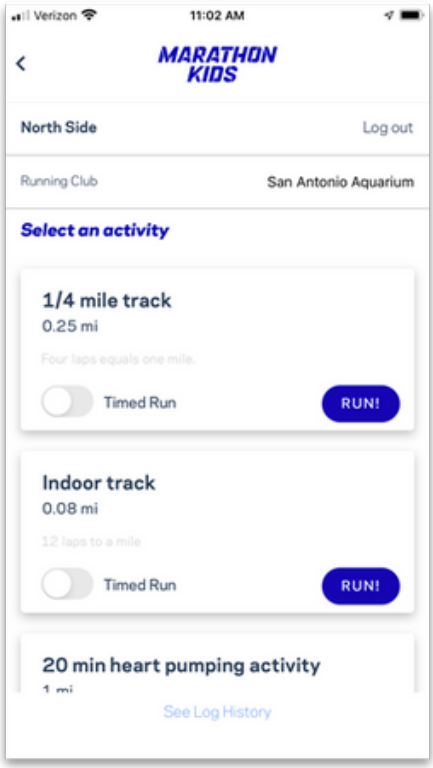
VOLUNTEER SCANNING

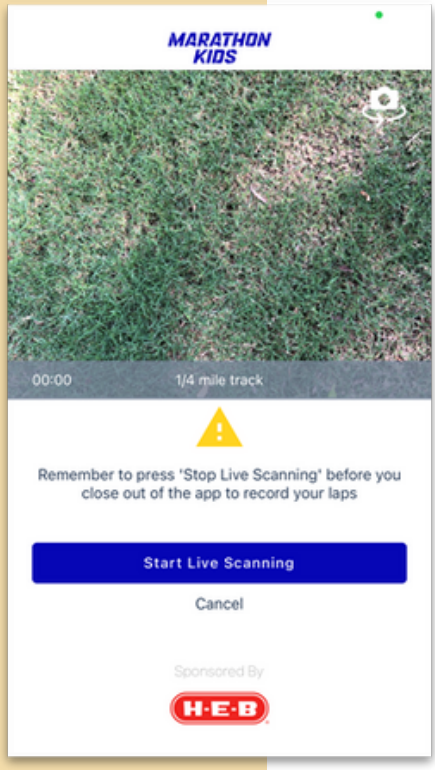
Volunteers without a Marathon Kids account only need to download the app to help you scan. As the coach, you will start a live scanning session, then click the QR code icon in the right corner of the scanning window. The volunteer will open the scanner app. On the login screen they will click "join live session" and scan the coach's QR code. Now they can help scan ID cards! All devices need to click "stop live scanning" and "finish and sync" when done -- again, wait for the green checkmark to indicate a successful sync.

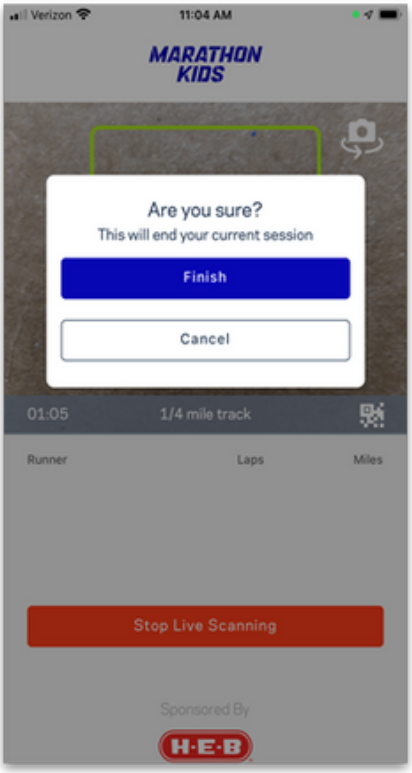
***Watch training video here**

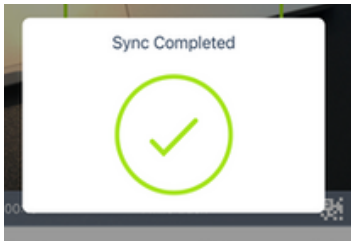
Scanning App Steps





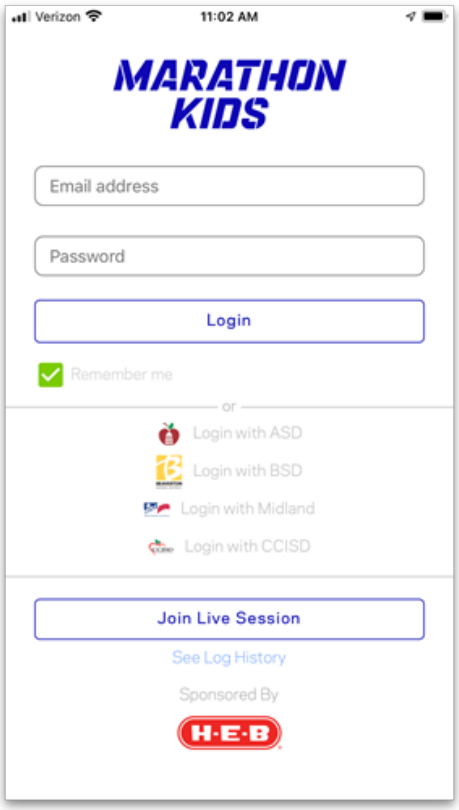






Volunteer Scanning Steps

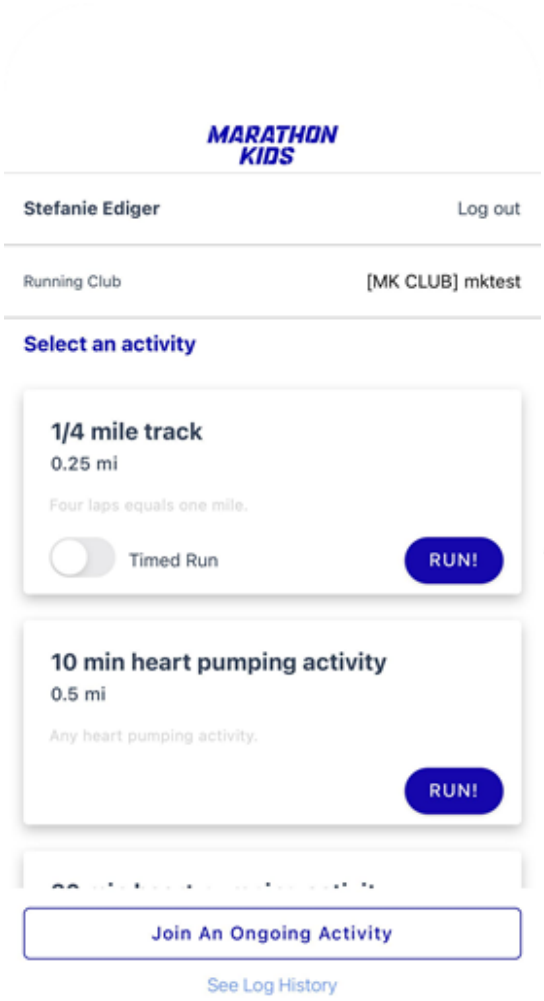
To learn more about how to scan ID cards, click here.



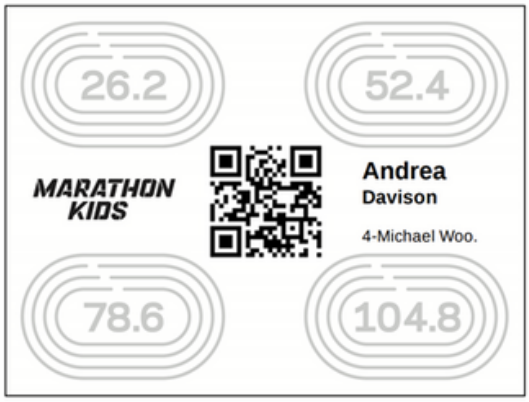
Volunteer selects "join live session" on their device.

Coach clicks QR code for volunteer to scan -- then they are ready to help!

Set Tracks and Activities in App



Select "track" or activity to scan.



Adding

Miles/Minutes

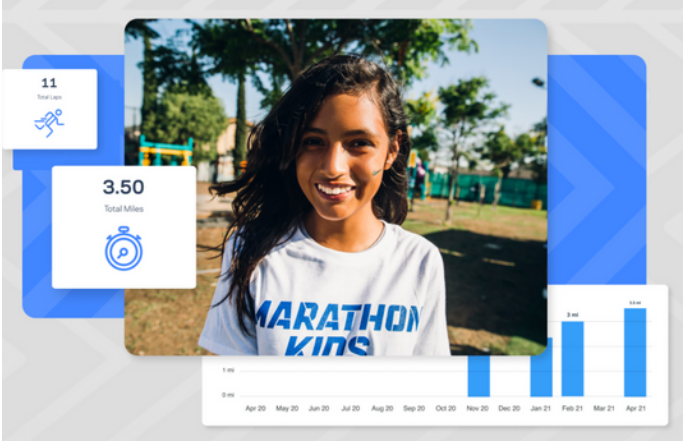
Any form of activity counts toward a Marathon Kid marathon. Participant effort can be captured in three ways:

Scan ID Cards

Use the scanning app to easily capture effort by reading unique participant QR codes.

Manual Entry

As a coach, you can capture effort without using the app and QR codes by manually entering miles or minutes in the digital platform.



Parents Submission

Parents or older participants can access their "parent portal" to log effort from home. You must approve or decline these submissions. Paper trackers are also available.

***Watch <u>training video here</u>.**

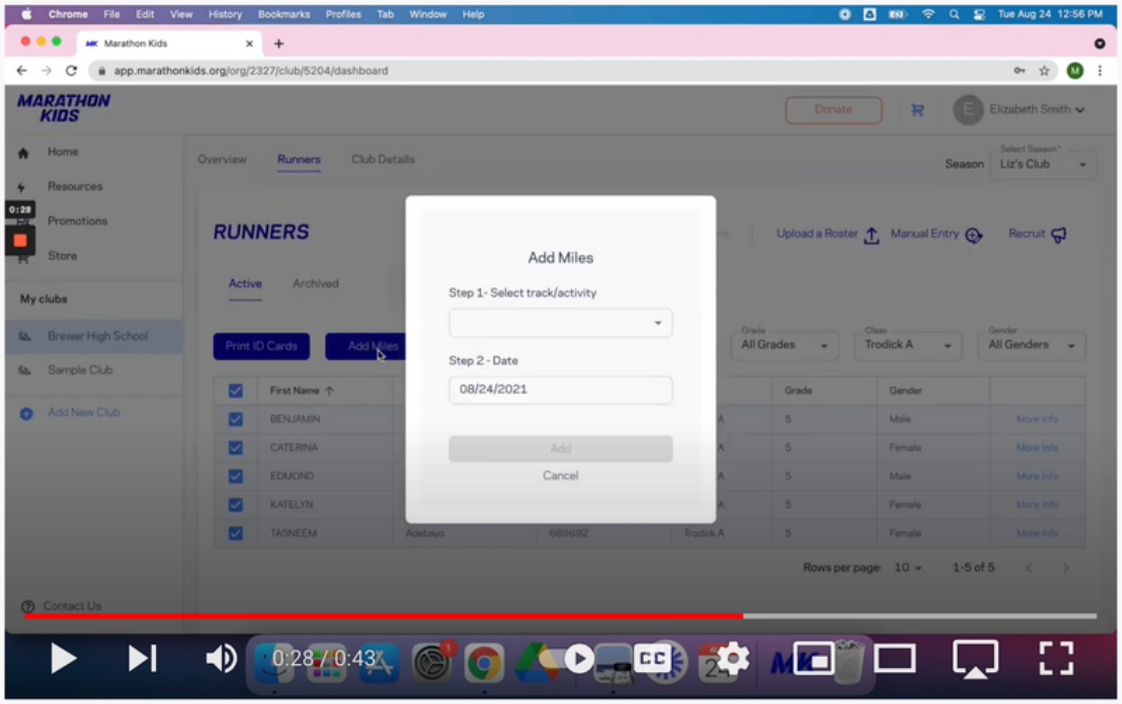
Adding Miles/Minutes

Manually

To add laps, miles, or minutes manually:

1. Select the Participants tab.
2. Locate your participant(s) by using the table filters or the search feature.
3. Check the box to the left on the participant(s) name and select "Add Miles."
    a. Add in Bulk: select the check box in the top left-hand corner of the table to select all participants based on how you filtered the table.
4. Select the track or activity, date, and enter the number.
5. Press “Add.”

***Watch <u>training video here</u>.**



Manually Add Miles/Minutes

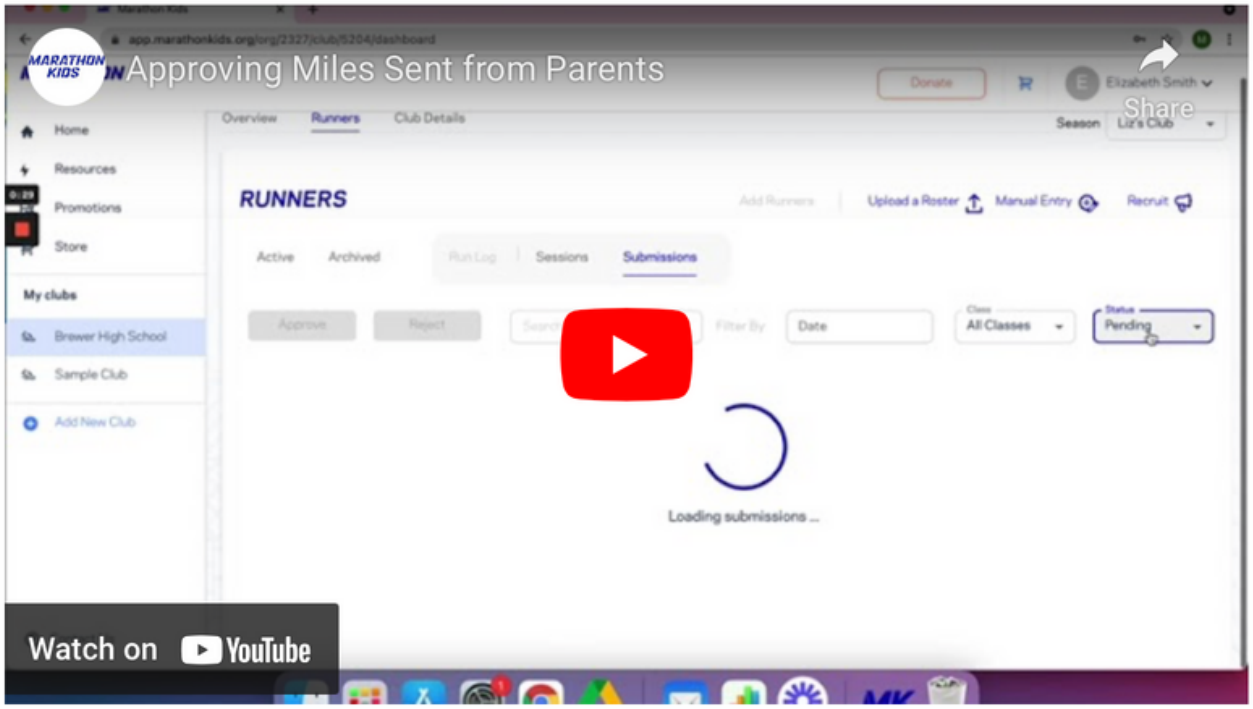
Approving Miles/Minutes

Parent Submissions

Approving miles submitted by parents:

1. Click on the Participants tab.
2. Click the Submission tab above the runner table.
3. Filter the table by status to see a list of pending submissions that need your approval.
4. Approve: To approve in bulk, check the top checkbox to select all pending submissions. Then click the blue "Approve" button. To approve individual submissions, check the box next to the runner's name, then select the blue "Approve" button.

***Watch training video here**.



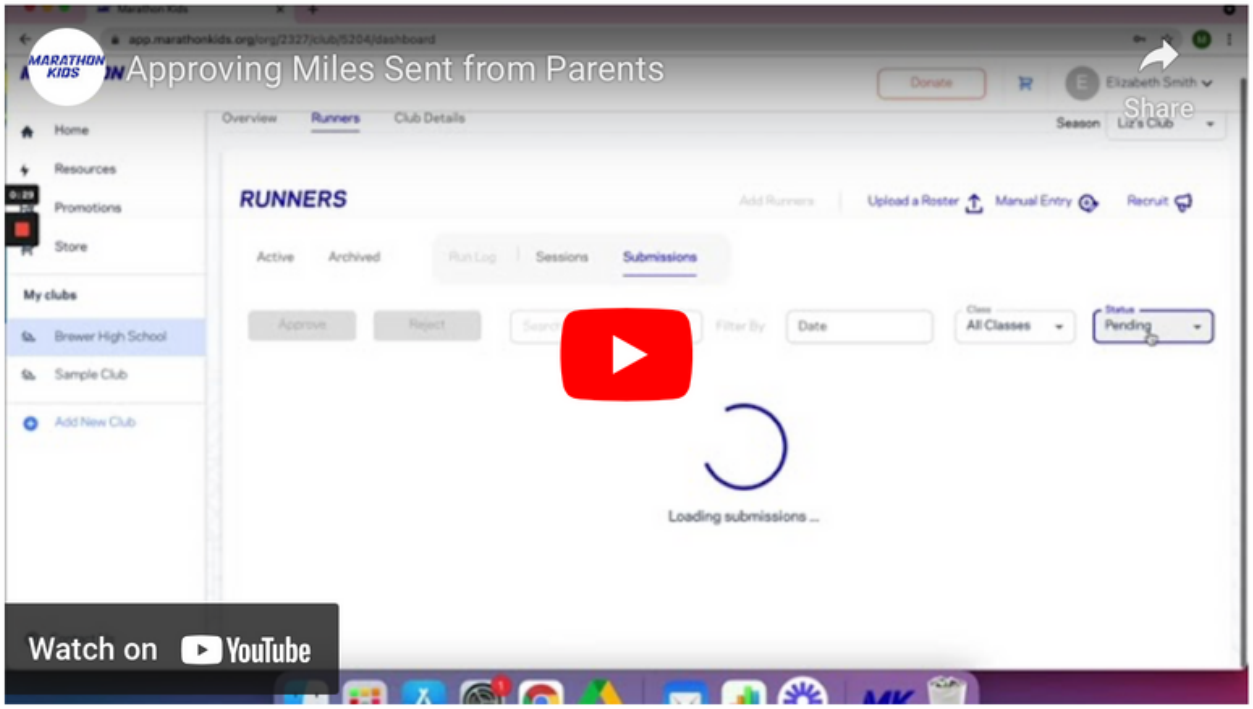
Approving Miles/Minutes

Paper Trackers

Printable paper trackers are also available for use. These are simple to use for both youth and adults.

Use the mileage or minute tracking chart to help track miles/minutes. Color in one portion.

***Watch training video here**.



Adding

Participants

There are three ways to add your participants, and all three ways include an option to add a parent contact so that parents have the option to follow their child's progress and submit miles or minutes from home:

Add in Bulk

Use Marathon Kids template to upload a large number of participants (75 or more).

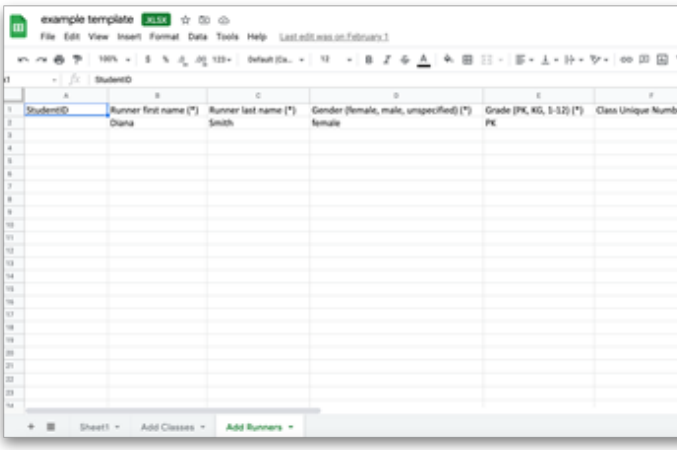
Manual Entry

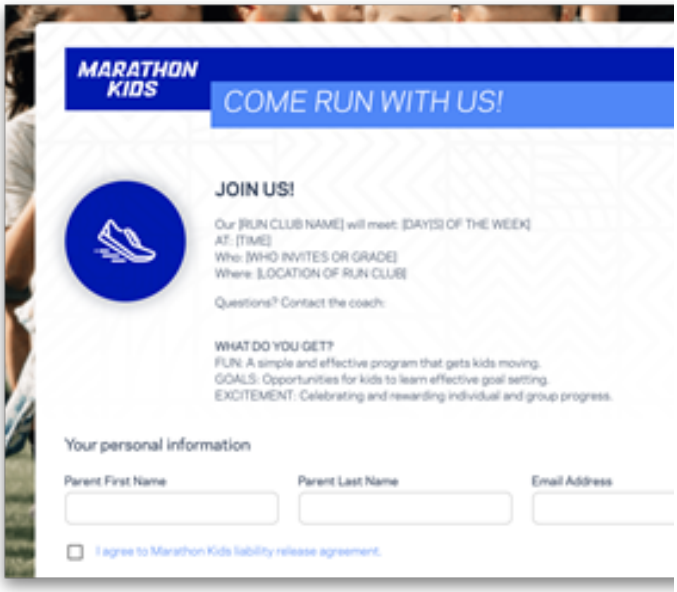
Use this for adding new and smaller groups of participants (0-75).

Recruit

Use the online registration form to recruit participants and collect the information you need for the platform (if you do not know who will participate and want to recruit participants).

***Watch <u>training video here</u>.**





Adding Participants

Upload Roster

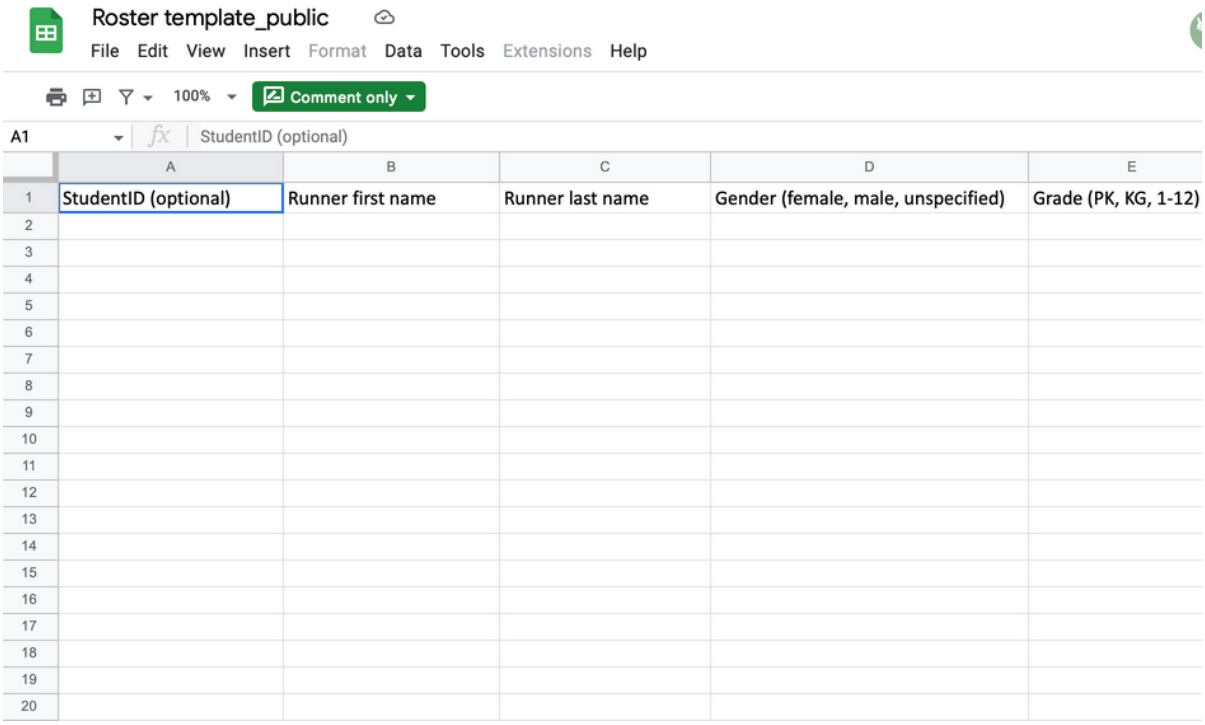
Attention: Marathon Kids is currently experiencing issues with the upload roster process. To avoid these issues, Marathon Kids is uploading your rosters for you. Please click here and fill out the form. Once they receive your roster and form submission, they will work with you to get your roster uploaded in a timely matter.

To have a successful upload:

- **You must download and use their template.**
- Do not delete any tabs or column headers.
- All required columns must be filled in.
- You must save it as a .xlsx file.

Things you will need:

- A list of your classes/teacher names.
- A list of your runners with first name, last name, gender, and grade.
- Optional: Parent contact information (first name, last name, email) if you want them to have the ability to submit miles run at home and follow their child's progress.



Adding Participants

Upload Roster

Upload Roster Steps:

If you added your classes before you downloaded the template, you will need to download a new template. This template will show the classes you added manually on the existing classes tab. You will use the unique class number that is already assigned for each existing class on the Add Runners tab. If you want to add new classes, you will need to use the Add Classes tab and start the unique number where it left off on the Existing Classes tab. Access template here.

Step 1: Add your classes on the "Add Classes" tab.

What you will need to input?

1. Class Unique Number Column (*)
    a. Simply number your classes 1,2,3,4,5, etc,.
        i. Each class must have a different number.
    b. You will use this unique number on the Add Runner tab to add your runners to the corresponding class/group when you upload the file.
2. Teacher First Name (*)
3. Teacher Last Name (*)
4. Class Name (Optional)
    a. It will populate the Class Name as the "Teacher First Name," "Teacher Last Name" and "Class."
        i. Example: "John Doe Class."

Upload Roster Cont.

Step 2: Add your runners on the "Add Runners" tab.

What you will need to input:

- Student ID (optional)
  - If left blank, it will populate a unique ID.
  - Used if you do not want to show runners' names on reports.
- Runner First Name (*)
- Runner Last Name (*)
- Gender (*)
  - Acceptable inputs
    - Female, female, FEMALE, f, F
    - Male, male, MALE, m M
    - Unspecified, unspecified, UNSPECIFIED, u, U
- Grade (*)
  - Acceptable inputs
    - 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12
    - PK, pk
    - KG, kg
- Class Unique Number (*)
  - Look back on the "Add Class" tab, and copy the class unique number you assigned to each class/teacher.
  - Enter that number next to the group of runners on the Class Unique Number column who are in that class/group.
- Parent Information (optional)
  - Parent information is required if you want to allow parents to submit miles or minutes of activity from home. This is best used if you are doing a virtual/hybrid club or if you want to allow your participants to track activity done at home.
  - Required information:
    - Parent First Name (*)
    - Parent Last Name (*)
    - Parent Email Address (*)

Adding Participants

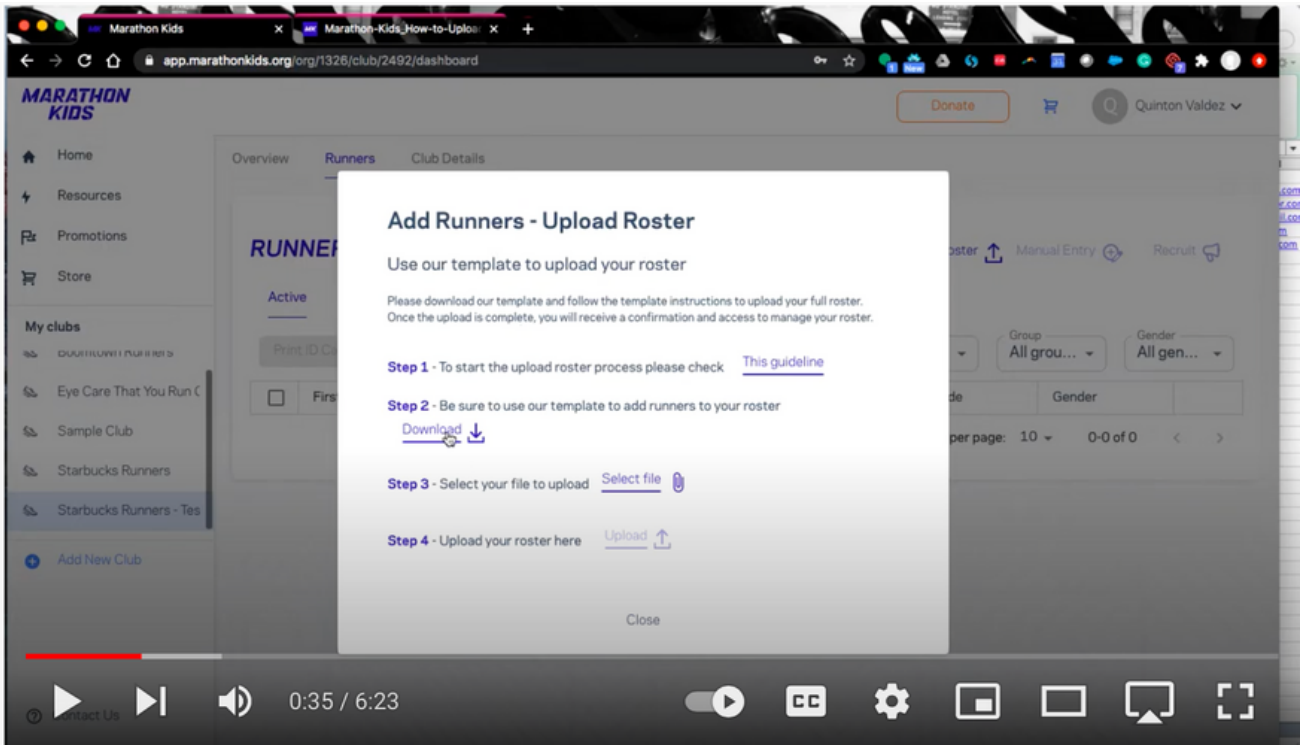
Upload Roster Cont.

Step 3: Save your document as a .xlsx file on your computer.

Step 4: Upload your file.

Step 5: Review Upload Summary.

Attention: If you see multiple conflicts in your upload summary and do not want to fix them, Marathon Kids can assist you. Simply click cancel and send them the file you were attempting to upload and they will take care of it.



***Watch training video here.**

Adding Participants

Manual Entry

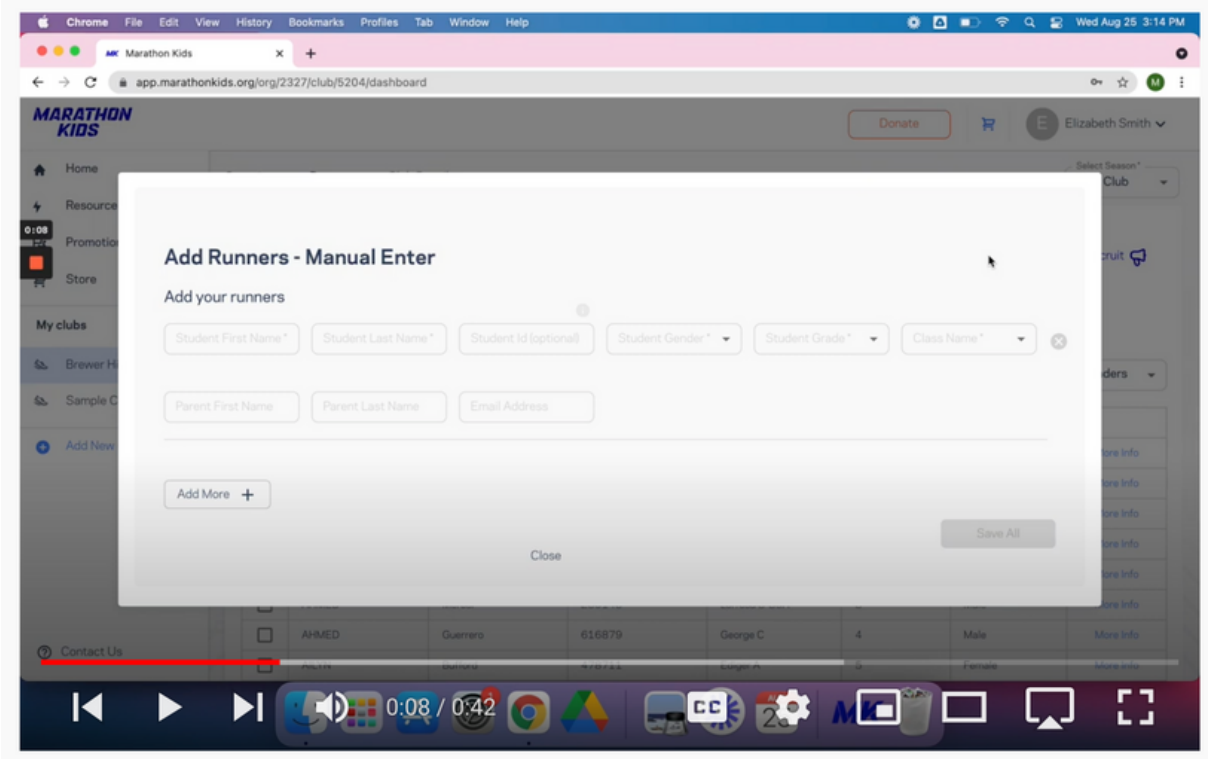
Manually adding participants is one of the three ways you can add participants. Within your account, you can add participants at any time during your season.

Manually Add:

1. Select the Participants tab.
2. Click Manual Entry to add a new participant to your roster.
3. Add the student's name, gender, grade, and class name.
    a. Optional: student ID and parent information.
4. Click Save.

Use the Add More button to add more than one student at a time.

***Watch training video here.**



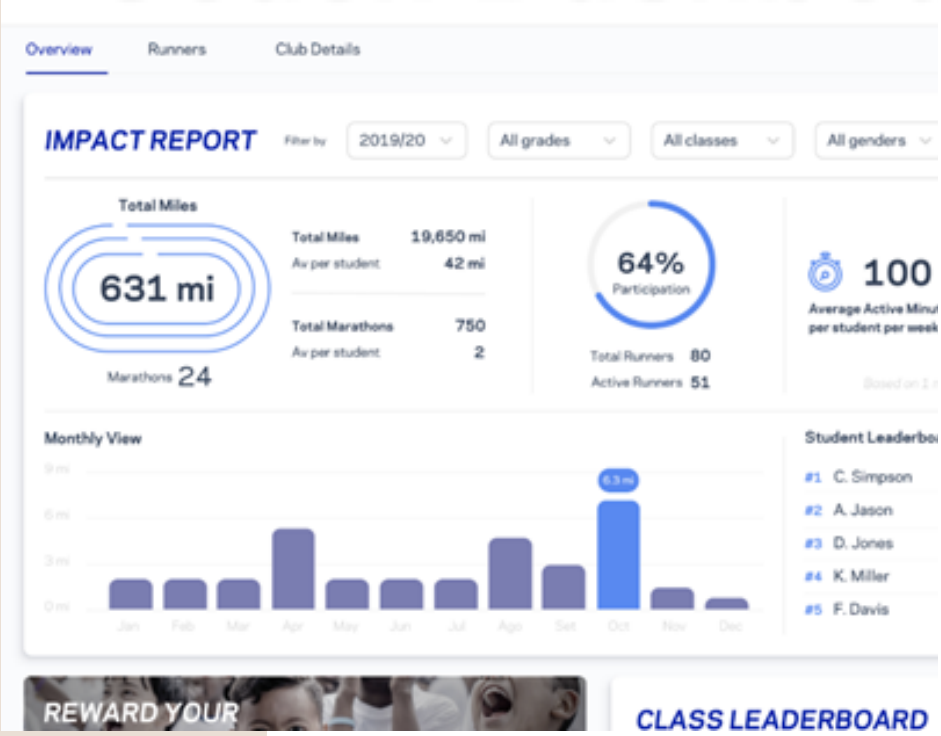
Add Runners Manually

Mile and Minute Tracking

Methods

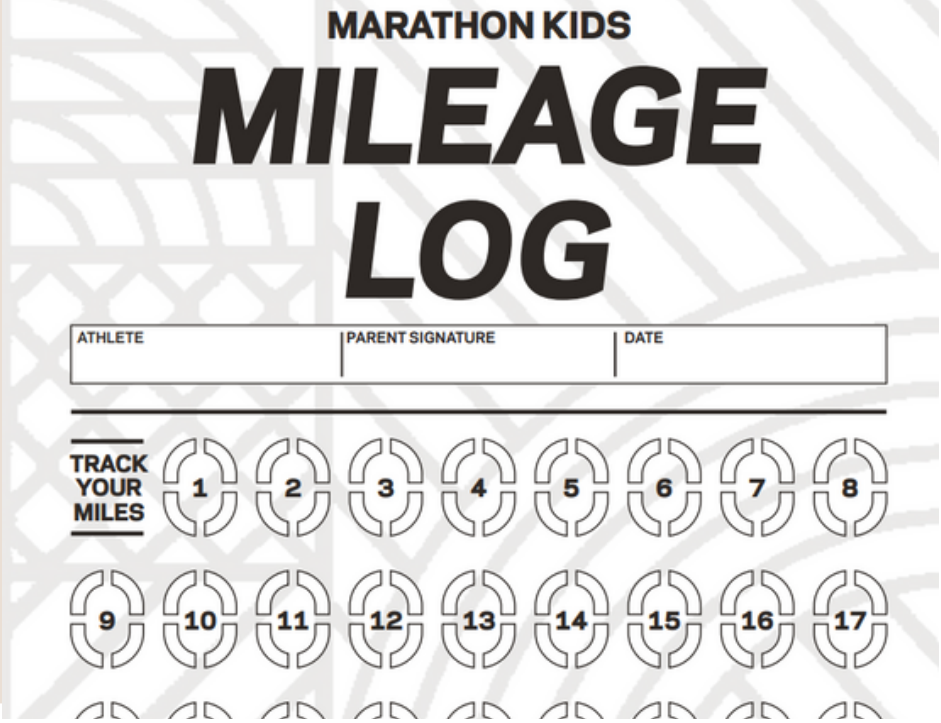
Digital Platform

Interactive dashboard allows you to set goals and set the type of physical activity effort you want to track for your program. Parents and kids can view their own personalized dashboard as well.



Paper Tracker

Paper trackers are available for both miles and minutes of activity. These are available in Spanish as well. Access trackers on pg. 28



Tips for Success

Welcome Email

When beginning your MK program, we encourage you to send a "welcome" email to parents or guardians. Below is a sample you can use and edit:

WELCOME TO USU EXTENSION MARATHON KIDS: [optional to include your organization, city, or program name]

Thank you for joining Marathon Kids -- we're happy to have you! You will receive an email from Marathon Kids (no-reply@marathonkids.org) in the next couple of days prompting you to sign up and create your parent account. This is where you can track your progress, access the dashboards of the participants you signed up, and watch their laps/physical activity turn into miles and celebrate along the way! This is also where you will submit miles or minutes of activity completed throughout the summer. Alternatively, please use a paper mileage tracker or activity tracker that will need to be submitted to the coach, [your name], at the end of the program or after you complete a marathon.

After you sign up and activate your account, please visit the Parent FAQ's and consider watching the How to Access the Parent Portal on your Child's Marathon Kids Account video and/or read the section below to learn how to access the parent portal:

1. When your child's Marathon Kids coach invites you via email, click on the link to register for your account. This will give you access to the parent portal where you can view your child's progress and log active time from home. If you have not received an email invitation, please ask the coach, [your email], to resend it.
2. After creating your account, log in regularly to monitor and celebrate your child's efforts and log miles earned off campus [date/duration of program]. Encourage them to stay active! Watch this helpful video and take a tour of a parent account.
3. Join our USU Extension Marathon Kids Facebook group to connect with a community of parents from around the state. Looking for ideas to get moving? Visit www.marathonkids.usu.edu for free resources.

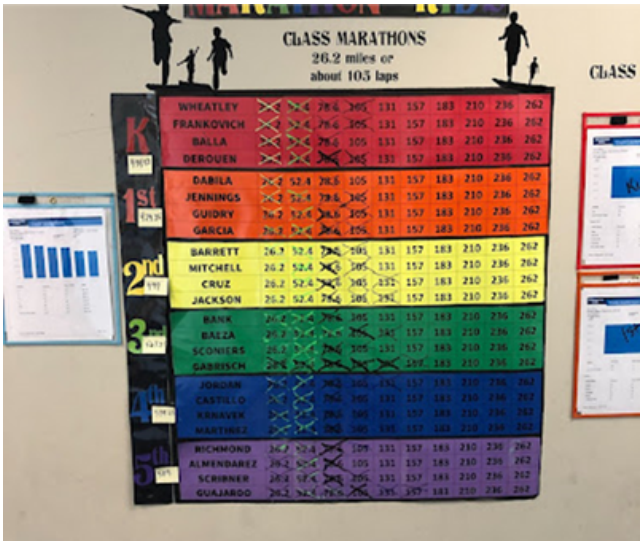
As a reminder, minutes of any heart-pumping activity can be tracked in the platform or by paper tracker. 20 minutes of activity = 1 mile.

Ready, set, go!

Tips for Success

Real-Time Data

Updating participants is essential to keeping motivation high but also to create a team atmosphere! By making the data visible, participants know that their individual effort contributes to their class, grade, or club total. Here are some ways others have done this:



Why does this matter?

Review captured effort to monitor progress of goals, report on physical activity for a particular event, and celebrate milestones!

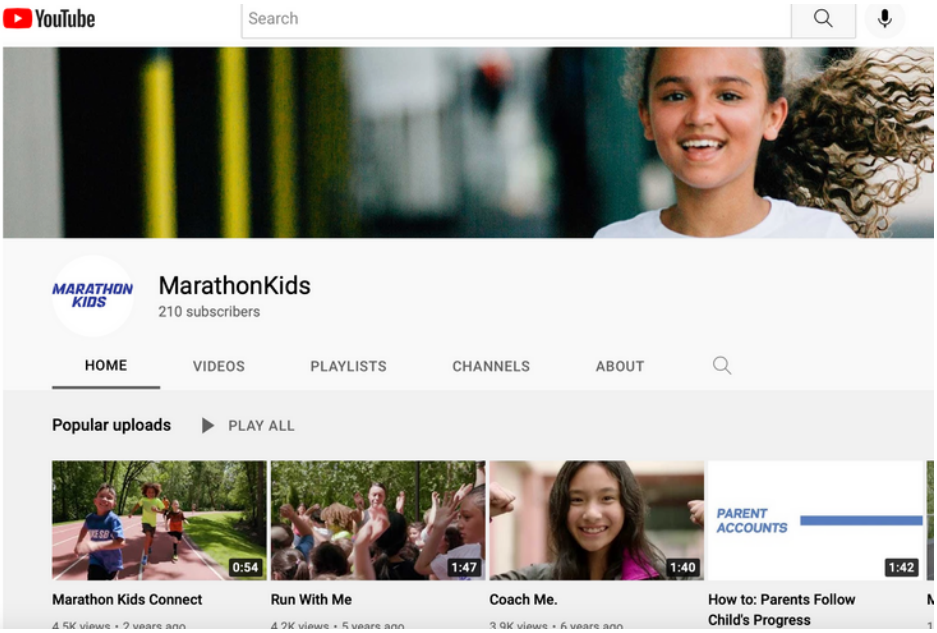
- Supports goal setting.
- Drives participant motivation.
- Provides positive recognition.
- Celebrates all types of achievement.

Tips for Success

Other Helpful Resources

Looking for more support? Consider joining the USU Extension Marathon Kids Facebook group or visiting the Marathon Kids Youtube channel.

USU Extension Marathon Kids Facebook Group
Consider joining our private group to celebrate your program's successes, connect with others involved in the program, and stay up to date with announcements from USU Extension. Join here.



Marathon Kids YouTube Channel
Watch helpful videos on the Marathon Kids YouTube channel on things like how to run reports, add participants, and a basic overview of your account and more! Visit the channel here.

Tips for Success

Account Creation at a Glance

Steps to create your account as a coach, parent, and organization leader.

Coaches: Visit app.marathonkids.org. Click the green Sign Up button. Then select coach profile. After you fill out the form be sure to check your email to activate your account.

Parents: The coach of your Marathon Kids program will invite you, and you will receive an email with a unique link to your child(ren) from noreply@marathonkids.org.

- Once you receive your email invitation, click the blue "Sign Up" button to create your account.
  - Check your email to validate your account.
  - Click **here** for step-by-step instructions in English.
  - Click **here** for step-by-step instructions in Spanish.
  - Click **here** for an instructional video.

NOTE: Parents can follow progress or log their child's effort from home to promote active time at home.

Organization Leaders: The coach of your Marathon Kids program will invite you and you will receive an email with a unique link to your organization's running club from noreply@marathonkids.org.

- Once you receive your email invitation, click the blue "Sign Up" button to create your account.
  - Check your email to validate your account.

To log in: app.marathonkids.org

Tips for Success

Coach Resources

After you create your coach account, you will gain access to a collection of lesson plans, tips, and other material to help you succeed. Access this page here.

Activity Cards

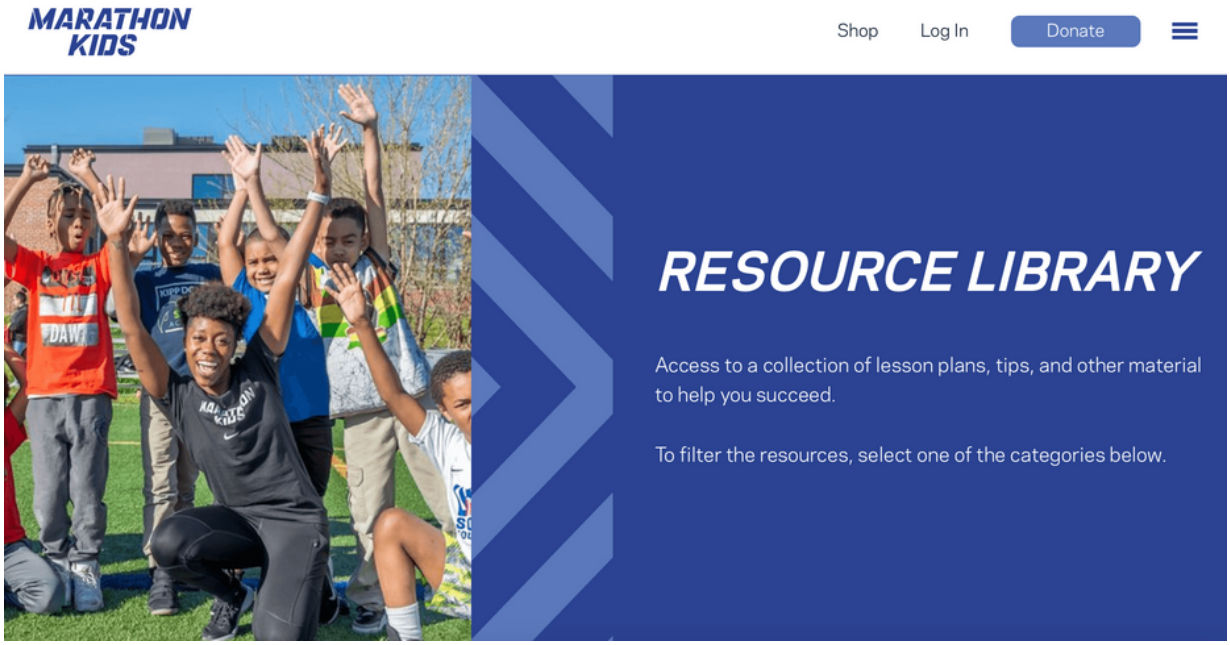
LESSON AND GAMES

Bulletin Board Printables

SPANISH

Lessons

LESSON AND GAMES



Tips for Success

Help Center

Looking for more assistance? Visit the Help Center for advice and answers from the Marathon Kids team. Access Help Center here to find more information on the following topics:

MARATHON KIDS
Overview, program, implementation, FAQs.

CLASSES
Set up, how to.

PARTICIPANTS
Overview, rostering participants, how to, FAQs.

SUPPORTERS
Overview, how to.

MILEAGE
Tracks, activities, sessions, and submissions.

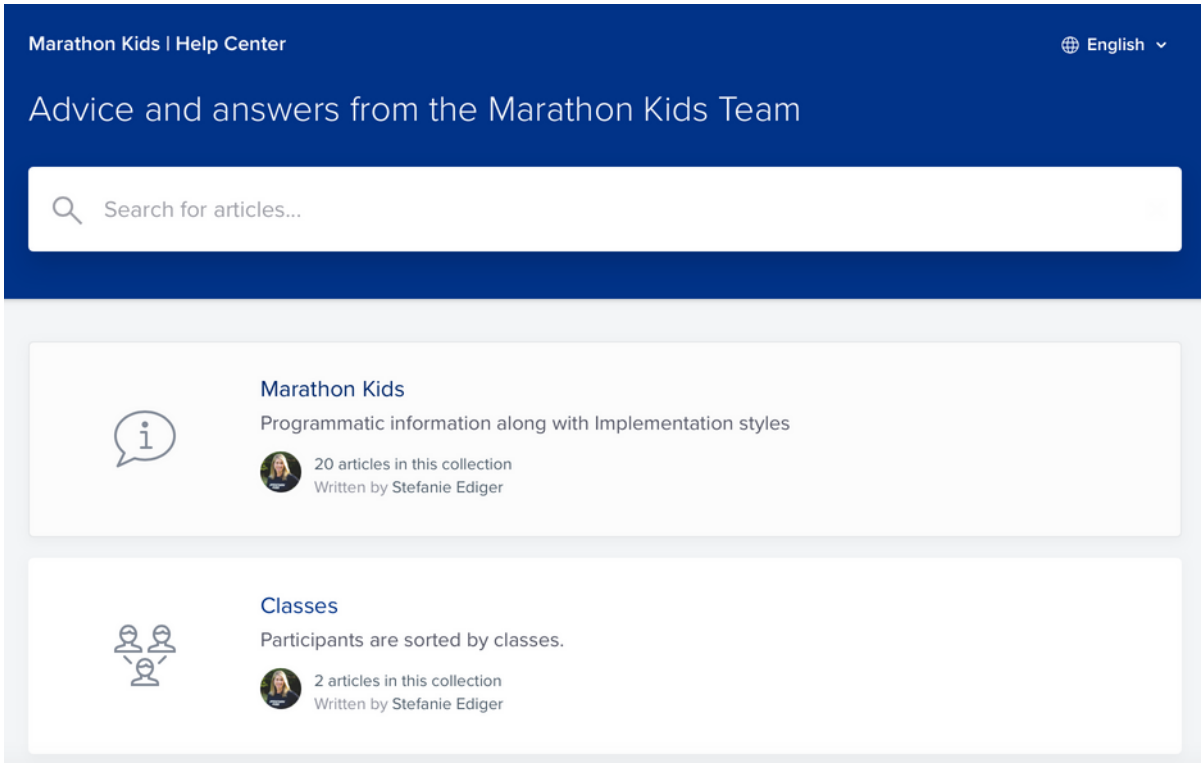
SCANNER APP
Overview, troubleshooting, how to.

DATA AND REPORTS
Dashboard, reports.

RESOURCES
Resources for coaches.

eSTORE
Incentives and gear.

PARENTS: EVERYTHING THEY NEED TO KNOW
Answers for parents with participating children.



Resources from

USU Extension

Looking for more assistance? The USU Extension Marathon Kids team is here to help!
Please complete this form to request assistance, or email emma.parkhurst@usu.edu.

TECHNICAL ASSISTANCE
Looking for help with your digital platform or have more questions? Contact emma.parkhurst@usu.edu for assistance.

END-OF-PROGRAM SURVEY
Looking for feedback about your program to improve it for the future? Send an optional survey to your participants.

PROGRAM SUPPORT (VARIES BY COUNTY)
Please visit www.marathonkids.usu.edu for a list of USU Extension faculty on the Marathon Kids team. If your area is not currently listed, please contact emma.parkhurst@usu.edu for support.

SOCIAL MEDIA TEMPLATES
Templates with USU Extension Marathon Kids branding are available for use.

FLYER TEMPLATE
A semi-customizable flyer template with USU Extension Marathon Kids branding is available for use.

LOGO WITH YOUR CLUB/ORGANIZATION INCLUDED
Request a customized logo, for example:

Utah State University Extension

MARATHON KIDS

Davis County

EMAIL TEMPLATE
Want Marathon Kids in your school or class? An email template requesting school or class support is available from Marathon Kids.

Helpful
Websites and Links

MARATHON KIDS AND USU EXTENSION RESOURCES

- **Marathon Kids LOGIN** https://app.marathonkids.org/
- **Marathon Kids Help Center:** https://intercom.help/marathon-kids/en/
- **USU Extension Marathon Kids website** www.marathonkids.usu.edu
- **USU Extension Marathon Kids Facebook Group** https://www.facebook.com/groups/984037602178484
- **Marathon Kids YouTube Channel** https://www.youtube.com/user/MarathonKids
- **Printable Mileage Tracker** linked here
- **Printable Minutes of Activity Tracker** linked here
- **Marathon Kids Walk & Talk program** https://marathonkids.org/walkandtalk/
- **Marathon Kids Free Resources for Home** https://marathonkids.org/free-pe-resources-for-parents-families/
- **USU Extension Marathon Kids assistance request form**: https://usu.co1.qualtrics.com/jfe/form/SV_8B8BZmjHrAnBR5A
- **Marathon Kids eStore:** https://shop.marathonkids.org/
- **Marathon Kids Free Resources for PE and classroom:** https://marathonkids.org/free-resources-for-pe-teachers/

ACTIVITY RESOURCES

- **Hidden Gems: Family Fun Out and About Adventure Guides** https://extension.usu.edu/relationships/hiddengems/family-fun-out-and-about-adventure-guides
- **Create Better Health: Physical Activity Checklists** https://extension.usu.edu/fscreate/physical-activity-checklists
- **Create Better Health: Sweatin' Saturday Workouts** https://createbetterhealth.org/sweatin-saturday/
- **Create Better Health: Captain Create Physical Activity** https://www.youtube.com/playlist?list=PLXybVHItP5oTQ-lHZndJeUC4qx_7o46un

Helpful
Implementation Examples

Marathon Kids is extremely flexible and can be implemented in a number of ways, but having some examples can be helpful:

- **Nebraska Extension:** After school club met for 1 hour 2 days/week for 6 weeks. They wrote goals at the beginning of their season, and had student helpers.

- **During lunch recess:** Students ran around school track/grounds for club, met for 30 minutes 2 days/week from January to May and had teacher helpers.

- **Coach Tim Bankston in North TX:** Before school club and met every Friday before school. Had over 100 students along with parents who participated -- ages ranged K-6th grade. Had some parents help with scanning ID/QR codes for each lap students completed.

- **Fun Runs:** For school fun runs, consider uploading students to digital platform ahead of time to print off individualized QR codes. Recruit parent or teacher volunteers to download the scanning app and scan the codes as students complete each lap. Not enough volunteers? Use tripods to set up smart devices with the scanning app activated for students to self-scan as they complete each lap.

- **After School Programs:** Use programming resources provided by Marathon Kids for activity ideas, and use the digital platform to track activity/mileage with ease. Tip to expedite activity/mileage submissions: on the class daily role, include a section to record how many minutes or miles of activity were completed. Bulk submit minutes or miles and de-select students that were absent.

Utah State University Extension

MARATHON KIDS

LET'S GET MOVING!

Our mission is to get kids moving. We encourage self-paced movement and provide inclusive, free programming so that anyone, any age and any ability can participate.

What to Expect

You can run, walk, or do any kind of heart-pumping activity! Every mile or minute counts.

Every five minutes of heart-pumping activity or exercise you do is equivalent to a quarter of a mile.

How many marathons will YOU complete?

[EDIT INFO ABOVE TO DESCRIBE YOUR CLUB'S ACTIVITIES]

JOIN OUR CLUB

DATE:

LOCATION:

WHO:

CONTACT COACH TO SIGN UP TODAY!

EMAIL:

Extension
UtahStateUniversity

Learn more at **marathonkids.usu.edu**

MARATHON TRACKING SHEET

Use this mileage tracking chart to help you track your miles across Utah. Color in one portion of the square for each 1/4 mile that you walk, jog, run, or do any mile-tracking activity. You can also color in one portion of the square for every 5 minutes of heart-pumping physical activity, like playing outside! Once you have colored in all four sections, move on to the next. Total miles completed after this sheet = 26.2 miles!

Name:

Date:

Parent Signature:

Extension
UtahStateUniversity

Utah State University Extension

MARATHON KIDS

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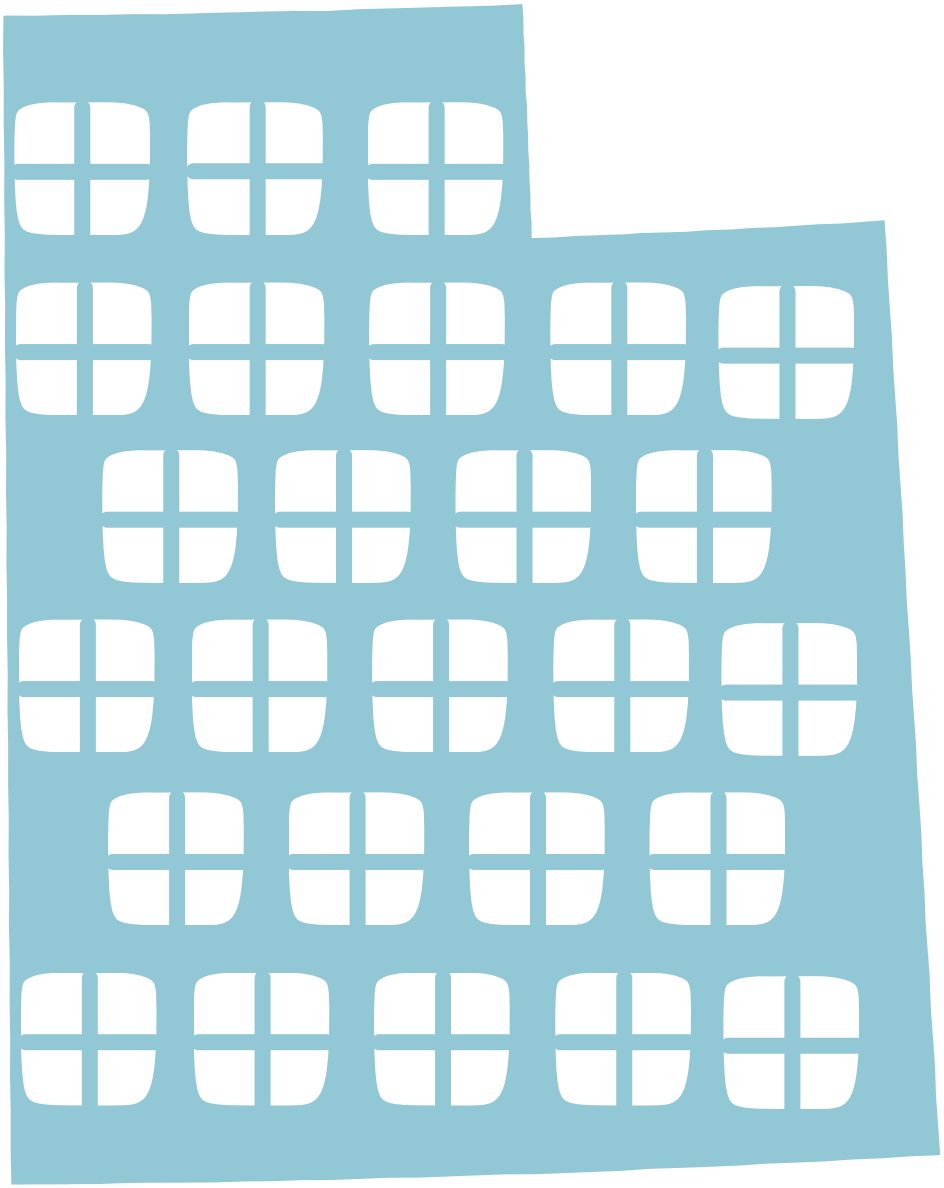

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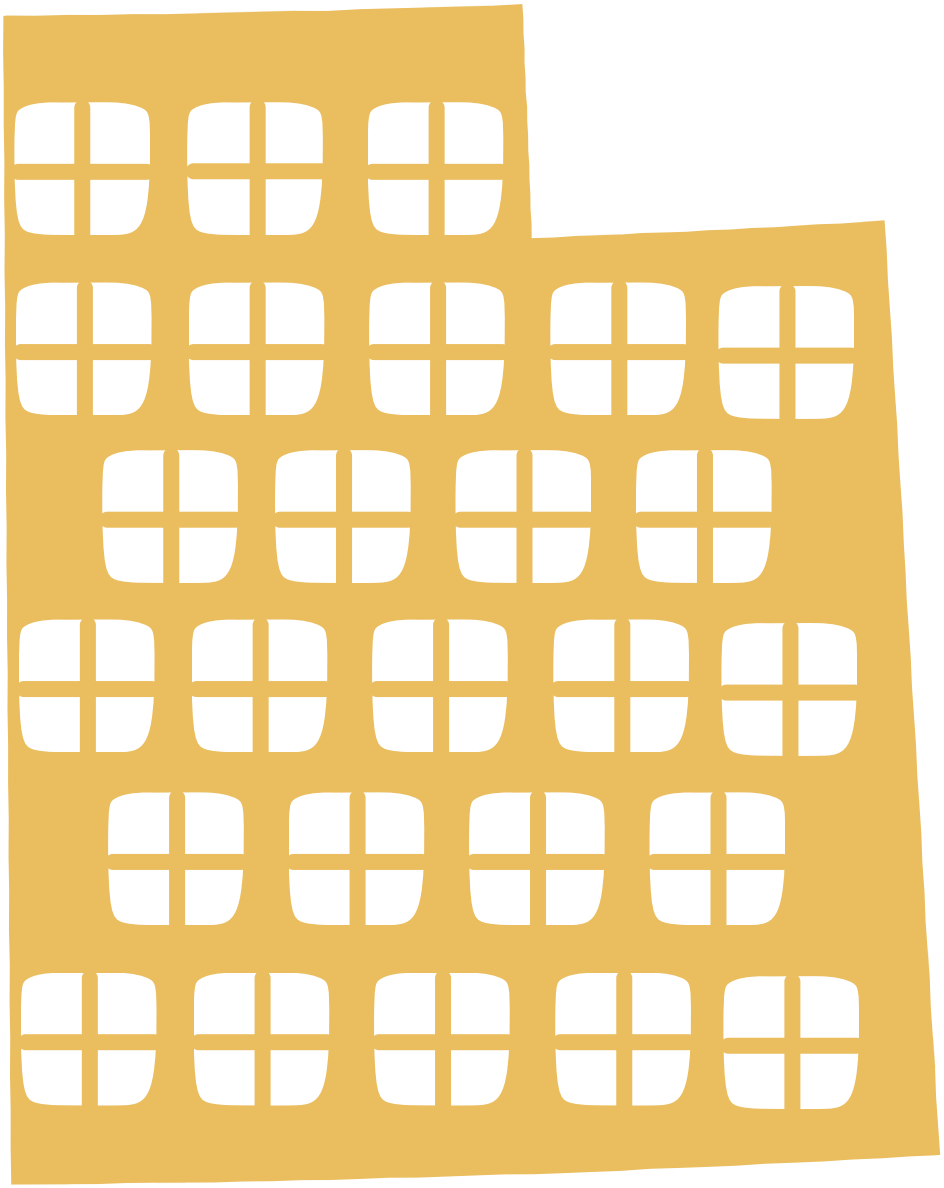

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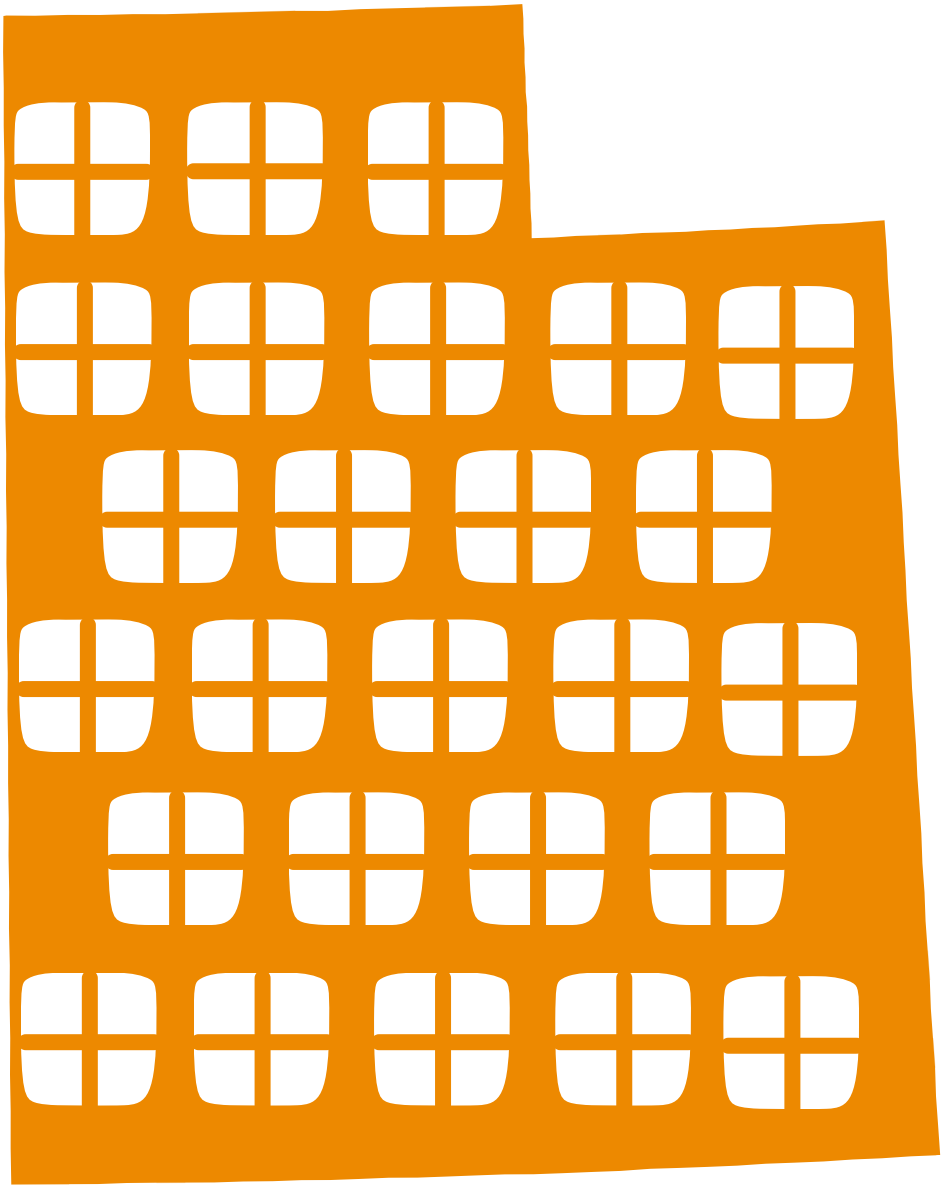


Name:

Date:

Parent Signature:

Extension
UtahStateUniversity

Utah State University Extension

MARATHON KIDS

MARATHON KIDS

MILEAGE LOG

ATHLETE	PARENT SIGNATURE	DATE

TRACK YOUR MILES

1 2 3 4 5 6 7 8

9 10 11 12 13 14 15 16 17

18 19 20 21 22 23 24 25 26.2

Track your progress 1/4 of a mile at a time. For every 1/4 of a mile you complete, color in 1 section of a numbered track icon above.

When you have colored in all the icons you will have completed 26.2 miles - A WHOLE MARATHON!

GREAT JOB. DON'T STOP RUNNING!

Running and walking is great exercise no matter your age.

Running is fun. It's speed and freedom. It's competition and accomplishment. It leads to healthier eating, activity, and choices, now and for a lifetime. It's time to lace up and get running

This is only the beginning.

MARATHON KIDS

MARATHON KIDS

MILEAGE LOG

ATHLETE	PARENT SIGNATURE	DATE

REGISTRA TUS MILLAS

1 2 3 4 5 6 7 8

9 10 11 12 13 14 15 16 17

18 19 20 21 22 23 24 25 26.2

Lleva un registro de tu progreso cada ¼ de milla. Por cada ¼ de milla completada, colorea una sección de un icono de la pista numerado en el registro del icono anterior.

Cuando hayas coloreado todos los iconos significa que has completado 26.2 millas—¡UN MARATÓN ENTERO!

BUEN TRABAJO. ¡NO DEJES DE CORRER!

Correr es divertido. Es velocidad y libertad. Es competencia y logros. Te lleva a una alimentación más saludable y mejores decisiones, ahora y para toda la vida. Es hora de alistarse y empezar a correr!

Esto es solo el comienzo.

MARATHON KIDS

MARATHON KIDS

Athlete

ACTIVITY LOG

Parent Signature

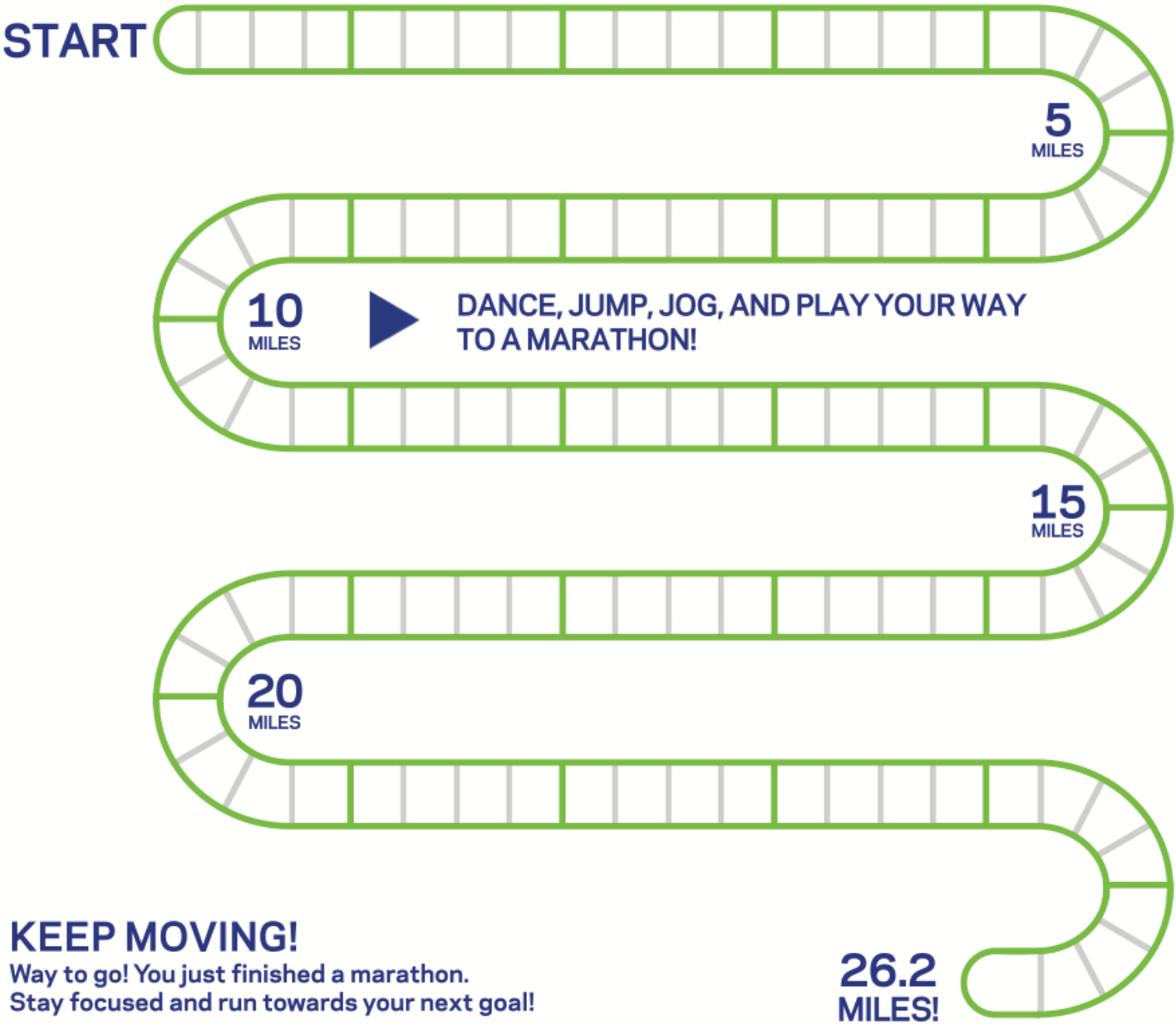
5 minutes of heart-pumping exercise is the same as running a quarter-mile!

ACTIVITY IDEAS:

- Walk the dog
- Jump rope
- Ride your bike
- Build an obstacle course
- Practice sports skills

Color one square for every 5 minutes of physical activity.

Example:



KEEP MOVING!

Way to go! You just finished a marathon.
Stay focused and run towards your next goal!

A Message from Marathon Kids

Why Marathon Kids?

Marathon Kids Mission: through running, we show kids they can achieve more than they ever thought possible and put them on a path to healthier lives.

ABOUT MARATHON KIDS

Marathon Kids is a nonprofit organization on a mission to get kids moving. We provide effective physical activity programming to help kids adopt an active lifestyle and learn how being active can improve their entire well-being. Research shows that when children participate in Marathon Kids, they have a better chance of getting the recommended amount of daily physical activity. That's good news for their bodies and minds. When kids feel healthy, they perform better in school, think more clearly, and improve their attitude/behavior. So we made our program free, so all children can participate. Our programming is built on six evidence-based pillars for long-term healthy behavior adoption: goal setting, tracking, modeling the way, social support, celebrating, and rewarding.

HOW WE RUN

PE teachers, classroom teachers, and community organizations across the country implement Marathon Kids to increase daily physical activity. Our program challenges kids to run, jog, walk or move the equivalent of four (or more!) marathons throughout a season. Marathons are reached by finishing miles in achievable increments or completing minutes of heart-pumping activity. We provide the digital platform to track, while coaches bring the fun, energy, and encouragement to motivate kids to go further than they ever thought possible.

OUR HISTORY

Kay Morris founded Marathon Kids in 1995. She came up with a program for kids that utilized running logs to motivate, boost activity, and introduce them to the joy of running. Since then, Marathon Kids has done the research–a lot of research–on the health and emotional benefits of consistent running (or walking) for children. We've continued to grow the program into what it is today: one of the only evidence-based running/walking programs for children in the country.

For 26 years, Marathon Kids has transformed the lives of millions of children. However, we know that children everywhere need more access to physical activity. We're proud to partner with Nike and our many dedicated sponsors to expand our reach and strengthen the communities we serve. We won't stop until every school, community-based organization, or camp that wants one has a running program of their very own. Kids were meant to be active, and we're here to help them go the distance.

Learn more at marathonkids.org/mission

MARATHON KIDS

EVIDENCE-BASED PROGRAM PILLARS

The Marathon Kids program is built upon six research and evidence-based pillars. The six pillars help structure the program to build community around physical activity, help establish healthy habits and provide a sense of belonging for your participants.

- GOAL SETTING -

Kids develop a growth mindset setting big and small goals alike.

By educating your participants that their individual effort contributes to not only their own goal but to their class, grade and club goal; helps kids feel a part of something bigger.

- Set the Club's Goal upfront. How many miles will collectively be conquered?
- Display Goals and Data.
- Set a cadence to keep participants updated on club goals and their personal data.
- Focus on short-term goals. Talk about tiny goals or the baby steps when kids are given the opportunity to conquer miles.

* HERE ARE SOME EXAMPLES:
"I will try to run one more lap than last time."
"I will jog the straightways and walk the curves to help me complete laps."

- TRACKING -

Logging miles and measuring progress keeps kids motivated.

Participants need to be included in the WHY. Why are we tracking our laps and/or minutes of heart-pumping activity?

- Inform participants when you are tracking their effort.
- Keep it simple.
- Remind participants that their effort contributes to the entire group.
- Share the data.
- Run reports to keep participants updated and motivated on their personal performance as well as their, class, grade-level and club mileage.

Evidence-based pillars to long-term healthy behavior adoption.

- MODELING THE WAY -

Role models inspire kids to build healthy habits.

Research tells us that the first ten years of life are game changing. An early, positive experience with physical activity means ***kids are 6X more likely to stay active into adulthood. It's never too late to start!***

- Share personal experiences of setting/meeting goals, ways you enjoy being active, and things you do to stay healthy.
- Track your own miles. Post those efforts.
- Give verbal, specific praise to participants.
- Celebrate the individual and as well as the team.

- SOCIAL SUPPORT -

Moving together is more enjoyable when you feel the support of others.

Whether from peers or other adults, everyone needs support and encouragement along the way. Kids are always watching and listening. They see and hear what you do as well as what their peers say and do.

- Reward and celebrate participants within social settings so others can observe and join in the celebration.
- Create moments for kids to cheer on one another; spirit tunnels, high five, team cheer.
- Have volunteers or other adults provide positive, specific praise to participants.

- CELEBRATING -

Big cheers and high fives go a long way to foster long-term behavior adoption.

Kids enjoy positive recognition. Layering simple, encouraging celebrations develops their intrinsic motivation and makes them feel a part of something bigger.

- Verbal recognition: during class, announcements, assemblies
- Group celebrations continue to remind participants that you are working as a team to reach the club's goal. "We have made it halfway to our goal! All together we've conquered 4,000 miles."

- REWARDING -

Kids love being recognized which helps when forming new habits.

Consistent positive recognition fuels kids to keep striving for their next milestone.

- Keep it simple.
- Certificates and verbal recognition go a long way.
- Remember to reward not only individual effort, but class, grade-level and the entire club efforts.

CONNECTING NATIONAL PHYSICAL EDUCATION STANDARDS WITH MARATHON KIDS

The Marathon Kids program naturally integrates into the five National Physical Education standards set by SHAPE America, a Society of Health and Physical Educators.

These help define what a student should know and be able to do as a result of a highly effective Physical Education program.

SHAPE	MARATHON KIDS
Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	Participants will: ▶ Perform and practice a variety of motor skills and movement patterns depending on activities selected for warm up, running games, through running/walking laps, and cool-down activities.
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.	Two of the six evidenced-based pillars of the program are Goal Setting and Tracking. Participants will: ▶ Evaluate their performance and reflect on their contribution to the club. ▶ Review and assess their own data as it relates to reaching their own goals and also helping their class, grade and club reach their cumulative goals. ▶ Enjoy self-pace movement. ▶ Learn vocabulary and strategies to improve endurance and overall health.
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	The program is designed to teach kids that being physically active is a fun, social activity that only requires a pair of shoes. Participants will: ▶ Experience a motivating and encouraging environment. ▶ Feel a part of a team, their individual effort contributes to the overall goal. ▶ Learn that consistency is key to staying physically active. ▶ Develop a growth mindset through intrinsic motivation, achieving goals, and feeling an improvement in their endurance.
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.	Three of the six evidenced-based pillars of the program are Modeling the Way, Social Support, and Celebrating. Participants will: ▶ Observe adults who model healthy behaviors and respect for all participants. ▶ Learn from observing others through the social environment, real-life situations, and watching their peers be successful. ▶ Observe others' work ethic, determination, and social interaction while getting to celebrate others' achievements and feel a part of a team.
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Participants will: ▶ Have fun participating and feel included ▶ Experience a motivating group that encourages staying active. ▶ Get to socialize while being physically active

*SHAPE America. (2013). National Standards for K-12 Physical Education. Reston, VA: Author.

Utah State University Extension

MARATHON KIDS

Goal setting

Tracking

Modeling the Way

Social Support

Celebrating

Rewarding

USU Extension Marathon Kids
Questions? Contact
emma.parkhurst@usu.edu
marathonkids.usu.edu

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