

2018 Kids Run the OC New School Presentation Fall 2017



Agenda

- Introductions
 - Name
 - School
 - How you learned about the program?
- About the Program
- How to get started
- Helpful hints and best practices
- Questions



About the Program

- 10 -12 week marathon training program to help kids:
 - Improve physical fitness
 - Promote active/healthy lifestyle
 - Combat childhood obesity
 - Engage in fun activities
- Coaches and parent volunteers lead the kids through various games, helping to improve speed, agility, coordination, flexibility and overall fitness while accumulating 25.2 miles towards their “marathon.”
- OC Marathon Foundation provides all training and program materials for coaches at no charge to the school/coaches.
- Incorporate healthy eating habits through online nutritional challenges.



About the Program

- Program Costs:
 - **FREE to schools**
 - \$29.00 per registered child
 - Scholarships are available
- Each student will accumulate 25.2 miles, finishing their final mile at the Kids Run the OC Event on May 5, 2018.
- Kids Receive:
 - T-shirt
 - Marathon Medal and Timed Minute
 - Certificate of Completion
- School Fundraising Opportunities:
 - Online Registration - \$5.00 of every online entry will be refunded back to your school after a 30 participant threshold is met.



How it works!

- 1) Get approval from school principal
- 2) Let the OC Marathon know you are IN!
 - We will send you an online link to register your school location after this meeting.
 - Register your school via online form by December 8, 2017
- 3) Attend one mandatory Coach's Program Training
 - Recommended for New Schools in December
 - Training materials provided as well as suggested curriculum activities.
 - Dates:
 - Saturday, December 9, 2017 – Coach Training #1
 - Saturday, December 16, 2017 – Coach Training #2
 - Saturday, January 13, 2018 – Coach Training #3
 - Saturday, January 27, 2018 – Coach Training #4



How it works! (cont'd)

- 4) Develop and Start YOUR 10-12 Week Program (February 2018)
- 5) Have kids register at www.kidsruntheoc.org
 - Online registration closes: midnight on March 1, 2018
- 6) Check and approve your online roster for bibs to be printed.
 - Coaches review Rosters for accuracy: March 5 - 19, 2018
- 9) Attend Event Day Training
 - Saturday, April 28, 2018
 - Monday, April 30, 2018
 - Wednesday, May 2, 2018
- 10) Run the Race on SATURDAY May 5, 2018!

HAVE FUN!!!



Kids Run Event Day

- Kids Run the OC Event – Saturday, May 5, 2018 at the OC Fair & Event Center

(Tentative -- Times below subject to change)

- 8:00am 1st Open Heat
- 8:30am: 2nd Open Heat
- 9:00am: 11 & Up
- 9:30am: 10 year olds
- 10:00am: 9 year olds
- 10:30am: 8 year olds
- 11:00am: 7 year olds
- 11:30am: 6 & Under
- 12 noon: Event Concludes



Best Practices

- Principal, Teacher, and Parent Volunteer Combination
- Mandatory Volunteer Parent Meeting
- Kids from Grades K-8
- Find the right Kid/Volunteer Ratio
 - 20-25 kids per one volunteer coach for grades 3-8
 - 15 kids or less per volunteer coach for K-2.



Recruiting Volunteers

- Ask around for interested Parents/Teachers
- PE teacher, or School Wellness/Health Committee to assist with principal buy-in
- Parent Meeting
 - Use KROC online resources and videos to encourage participation in the program.



Recruiting Volunteers

- Volunteers do NOT have to be runners
 - Sign In/Sign Out Volunteer
 - Photographer
 - Roster Management/Admin Volunteer
- Principal
 - Ask them for parents who are frequently involved.
 - Have principal mention in school emails, voicemails or other forms of communication to parents.



Recruiting Kids

- Send flyers home to parents along with brief description of important dates, volunteer opportunities and event.
- Kids Run the OC Posters/Flyers
 - Pick up registration postcards at OC Marathon Foundation offices in early December.
 - Hang posters around the school.
- Include information in school newsletter or email, teachers' classroom, weekly note sheets or emails.
- 15 - 20 minute practice at lunch time/before school.
- 5 minute visit to classrooms to hand out flyers.



Resources

- Kids Run the OC website www.kidsruntheoc.org
 - Videos, Handouts, PowerPoints, etc.
- List of Key Dates
- Checklist
- Training Program Documents
- Run for A Claus Event -December 2, 2017
- Contact Us:
 - Kelsey Beall
 - 949-222-0456 x1
 - kelsey@ocmarathon.com
 - www.kidsruntheoc.org



QUESTIONS?

