

KROC New School Presentation

Key Takeaways For the 2022-23 School Year

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 26.2 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.

Program Costs:

- FREE to schools
- \$29.00 per registered child
 - Scholarships are available (sliding scale \$10-\$20)

Each student will accumulate 25.2 miles, finishing their final mile at the Kids Run the OC Event.

- May 6th, 2023 - Spring Final Mile Event

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.
3. Attend one mandatory Coach's Program Training
 - Recommended for New Schools in December.
 - Training materials provided as well as suggested curriculum activities.
 - Dates: 1/7, 1/14, or 1/28, 2023
4. Develop and Start YOUR 10-12 Week Program (February 2023)
5. Have kids register at www.kidsruntheoc.org
 - Online registration closes. (Deadline TBD)
6. Check and approve your online roster for bibs to be printed.
 - Coaches review Rosters for accuracy
7. Attend Event Day Training on April 23rd, 2023
8. Run the Race on SATURDAY May 6th, 2023.
9. HAVE FUN!



KROC New School Presentation

Key Takeaways For the 2022-23 School Year

Event Day

Schedule:

Kids Run The OC event takes place at The OC Fair & Event Center on May 6th, 2023.

- 8:00am 1 st Open Heat
- 8:30am: 2 nd 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

Schedule is tentative and subject to change

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.

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 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

Important Files:

kidsruntheoc.org/coaches-corner

Contact Information:

kelsey@ocmarathon.com | 949-222-0456
adrienne@ocmarathon.com | 614-205-7751

