



# KROC Parent Information Sheet

The Kids Run the OC Training Program was designed to help pre-adolescent kids become more physically fit, promote an active and healthy lifestyle and combat the onset of childhood obesity, all while having fun! This is accomplished through various games, which help improve speed, agility, hand/eye coordination, flexibility and a child's overall fitness. Students from each participating school will be led through our popular and fun 10-week training program at their school or online led by a school volunteer that has been trained by the OC Marathon Foundation. By the end of the 10-week program each student will have accumulated the equivalent of 25.2 miles through various games and activities and hopefully have increased knowledge regarding healthy food choices and good eating habits. They will finish their "marathon" by participating in the Kids Run the OC Marathon 1-Mile Run on May 6th, 2023 at the OC Fair & Event Center in Costa Mesa, CA. This culminating event is a non-competitive run for kids ages 5-14.

## Register today at [kidsruntheoc.org](http://kidsruntheoc.org)

Once a school reaches the 30 participant threshold, participants that register online and identify their school in the space provided are eligible for a \$5.00 refund of the race registration fee to their school.

### Important Info

You must sign a hard copy of the waiver and turn it in to your school's Kids Run the OC Coordinator prior to your coach's deadline. Your coach will have those available and they are also available to download on our web site. Due to insurance and liability reasons, parents of children 8 and under may only run with their child if they have registered for the event, paid the fee and signed and provided the waiver for themselves. Parents of children 9 and over may not run with their children.

### Registration

In order for your child to complete the program and receive the marathon medal, you must register for the Kids Run the OC 1-Mile Event online.

- Register online at [kidsruntheoc.com](http://kidsruntheoc.com)
- Registration Cost: \$29
- The last day to register is March 1st, 2023
- THE OC MARATHON FOUNDATION NO LONGER ACCEPTS OFFLINE REGISTRATION. If you do not have access to a computer, please contact your KROC coach to find alternative ways to register.

### Event Schedule

Kids Run The OC event takes place at The OC Fair & Event Center on May 6th, 2022.

- 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

### Perks

#### Participants in The Final Mile Will Receive:

- 10 weeks of training led by a volunteer coach at your school or online
- 1 entry into the In-Person or Virtual Kids Run The OC 1-Mile Run
- Official Kids Run The OC T-Shirt and Medal
- Official Kids Run The OC Timed Race Results



Kids Run The OC  
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