



RFAC 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 6-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 6-week program each student will have accumulated the equivalent of 13.1 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 Run For a Claus 1-Mile Run on December 10th, 2022 at University of California, Irvine. This culminating event is a non-competitive run for kids ages 5-14.

Register today at runforaclaus.org

Important Info

You must sign a hard copy of the Run For a Claus specific waiver for UCI, and turn it in to your school's Kids Run the OC Fall program Coordinator prior to your coach's deadline. Your coach will have those available and they are also available to download on our web site. You will also fill out a race waiver during registration, which is only required to be submitted virtually.

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 runforaclaus.com
- Registration Cost: \$25, use the code KROC5OFF to get \$5 off your registration (applies to kids only) making the total cost \$20
- The last day to register is December 10th, 2022
- 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

The Run For a Claus event takes place at UC Irvine on December 10th, 2022.

- 6:30 AM: Packet pickup begins + Expo opens
- 7:30 AM: Santa arrives
- 8:30 AM: Kids 1 mile race begins
- 9:00 AM: 5K race begins
- 10:00 AM: Costume contest and awards
- 10:30 AM: Santa leaves
- 11:00 AM: Expo closes

Schedule is tentative and subject to change

Perks

Participants in The Final Mile Will Receive:

- 6 weeks of training led by a volunteer coach at your school or online
- 1 entry into the In-Person or Virtual Run For a Claus Event
- Santa hat, Santa beard, scarf and medal
- Official Run For a Claus Timed Race Results



Run For a Claus
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