

# 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](http://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 22nd, 2023
8. Run the Race on SATURDAY May 6th, 2023.
9. HAVE FUN!



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### 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](https://kidsruntheoc.org/coaches-corner)

#### Contact Information:

[kelsey@ocmarathon.com](mailto:kelsey@ocmarathon.com) | 949-222-0456  
[adrienne@ocmarathon.com](mailto:adrienne@ocmarathon.com) | 614-205-7751

