



Presented by the Service Guild of Birmingham

February 13, 2010

10:00 a.m.

Linn Park – Downtown Birmingham

Grades K-5

GENERAL INFORMATION – RUN AN ACTUAL 26.2 MILE MARATHON OVER TIME!

The *Mercedes Kids Marathon*, presented by the Service Guild of Birmingham, is an incremental running program designed for children Kindergarten (K5) through 5th grade. *The Mercedes Kids Marathon*, presented by the Service Guild of Birmingham, offers an ideal platform for children to have fun, build endurance, set and accomplish long-term goals and enhance their self-esteem while teaching them valuable lessons about making health and fitness a regular part of their life. The goal is to help children develop a lifelong habit of exercise and healthy food choices. This is not a timed event and there are no official winners. Our motto is, “If you had fun, you won!”

Students start training now to run a total of 25.2 miles before race day by running the distance in increments of ¼ mile, ½ mile, ¾ mile or a mile. Students can run the increments in PE class and/or with a parent. A running log sheet should be kept to track his/her progress. Mileage is based on adult supervision and the honor system. As each child completes the final mile on the actual marathon course on Saturday, February 13, 2010, he/she will receive a *Mercedes Kids Marathon* Finisher’s Medal, a miniature version of the *Mercedes Marathon* Finisher’s Medal. Each child will also receive an official race packet that includes a long sleeve race day t-shirt and official race numbers.

INDIVIDUAL REGISTRATION

Go green and register online through www.mercedesmarathon.com. It’s easy and hassle free while saving a tree! If you prefer a hard copy entry form, download a form from our web site at www.mercedesmarathon.com. All hard copy forms must be received in our office by these deadlines:

NOW THROUGH NOVEMBER 15.....\$20 (online or paper registration)

LATE REGISTRATION November 16-30.....\$30 (online registration ONLY)

SCHOOL REGISTRATION

If your school is participating in the *Mercedes Kids Marathon*, presented by the Service Guild of Birmingham, please see your PE teacher for their registration instructions. If your school does not participate in our program and you’d like them to be a party of this fantastic event, talk with your PE teachers then contact us through kids@mercedesmarathon.com or call us at 205-870-7771. We will be glad to work with your school to get them involved!

Final Race Instructions

Registered participants will receive their final instructions via email in mid January regarding packet-pick up times, locations and race day details. To ensure that you receive our emails, please add kids@mercedesmarathon.com to your address book. And please read these instructions as they will answer all your questions regarding the events of your day!!

