



February 11, 2023

11:00 a.m.

Birmingham, AL

Grades K-5

GENERAL INFORMATION –

The **Blue Cross and Blue Shield of Alabama Kids Mercedes-Benz Marathon** is not a Fun Run. Even though it is fun, it's an incremental running program designed for children Kindergarten (K5) through 5th grade. The Kids Marathon offers an ideal platform for children to have fun, build endurance, set & accomplish long-term goals and enhance their self-esteem. This program teaches them valuable lessons about making health and fitness a regular part of their life. The kids marathon is not a competition. The goal of this event is to help children develop a lifelong habit of exercise and healthy food choices. 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 tracking 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 11, 2023, he/she will receive a **Blue Cross and Blue Shield of Alabama Kids Mercedes-Benz Marathon** Finisher's Medal, a miniature version of the **Mercedes-Benz 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 number with parent claim tag attached on number.

INDIVIDUAL REGISTRATION

Register online through www.mercedesmarathon.com. It's easy and hassle free! If you prefer a hard copy entry form, download a form from our website. Registration Deadlines are as follows:

September 1 through November 15.....\$25 plus runsignup.com small service fee (online registration)
LATE REGISTRATION November 16-30.....\$35 (ONLINE ONLY & Last Chance to register)

REGISTRATION

If your school is participating in the **Blue Cross and Blue Shield of Alabama Kids Mercedes-Benz Marathon**, please see your PE teacher for their registration instructions. If your school does not participate in our program and you would like them to be a part of this fantastic event, talk with your PE teachers first. Then, contact us through kids@mercedesmarathon.com or call us at 205-870-7771. We'll be glad to work with your school to get them involved! If your school won't be involved, your child can still participate in our event by registering and logging their miles at home with adult supervision.

Final Race Instructions

During the week of the race, registered participants will receive their final instructions via email regarding, locations and race day details. To ensure that you receive our emails, please add kids@mercedesmarathon.com to your address book. Please read these instructions thoroughly to answer any questions you may have regarding race day! Also note that your child must complete their final mile on the marathon course on February 11 to receive their medal. Just like with any sporting event, they must be in attendance!

For more detailed information, please visit

www.mercedesmarathon.com