

# Welcome Kids Mobile Marathon

Welcome to the Kids Mobile Marathon. This is a unique format that allows children from playschool through to primary school to run a marathon...one kilometre at a time. We hope to also encourage parents to take an active role in making exercise a fun and healthy part of every child's life in a structured way. For the Kids we want them to feel like winners when they cross the line to receive their Certificate and Gold medal.

The goal is for each child to complete 40 kilometres before race day (same day as Clontarf Half Marathon). The registered Kids will line up with their chosen parent/ guardian after the main runners of the Irish Multimarathon set off. The Kids will complete the final 2.195km along the same course as the adults. Family and friends are encouraged to come along to support them as they enjoy the razzmatazz of the Big race atmosphere.

The Kids mobile marathon is not a race – it's all about participation, having fun and becoming more active. There are no prizes for winning and timing is not important. Kids are encouraged to go at their own pace.

The Kids Mobile marathon hopes that the mix of routine exercise and steady goal setting will encourage the Kids to further success in both sport and later on in life. As the old Irish saying goes: 'Mol an óige agus tiocfaidh sí'. Praise a youth and she will come.

## Safe Training

The Kids Mobile Marathon is designed to be accessible to all children. The inclusion of the word 'mobile' implies that children from all Towns and

Villages can take part. It is important to stress that finding a safe location for the 1km runs/walks is the responsibility of parents or guardians of the kids - Safety is always the No 1 priority. Please take the time to locate a safe area for the kids.

Suggestions would include back gardens, local parks or playing pitches.

The track can be 'out and back' in small circles or a loop. There are several ways to mark a 1km track.

- Use a measuring tape.
- A speedometer on a Bike.
- Or use the distances below as a barometer

#### **Soccer/ GAA pitch distances\***

Soccer Pitch (3 laps of average Soccer pitch) or a GAA pitch (2 laps + 1 length).

\*Distances may vary. Check with Groundskeeper or use one of the methods suggested above.

As you complete your kilometres, mark them off on your Kilometre Countdown Chart (included in Pack). This will need to be done by an adult. We recommend that adult supervision be carried out at ALL times. Why not join in on the exercise..... Make it fun and healthy for everyone.

---

#### **Begin Running**

Begin running under the guidance of a parent, adult, coach, teacher, etc

- Walk or run 40 kms in the 8-10 weeks leading up to marathon weekend. Use the training schedule for help planning your runs.
- As you complete your kilometres, mark them off on your Kilometre Countdown Chart.

- Come to the Clontarf half marathon to run the final 2.195 kms of your Marathon!!!

## Training Schedule

The Kids can start training at any time....

Below is an example timetable to set the scene.

### Example Timetable

From		To		Distance	Total
Sunday	3rd May	Thursday	7th May	1km/ day	5km
Sunday	10th May	Thursday	14th May	1km/ day	5km
Sunday	17th May	Thursday	21st May	1km/ day	5km
Sunday	24th May	Thursday	28th May	1km/ day	5km
Sunday	1st June	Thursday	4th June	1km/ day	5km
Sunday	7th June	Thursday	11th June	1km/ day	5km
Sunday	14th June	Thursday	18th June	1km/ day	5km
Sunday	21st June	Thursday	25th June	1km/ day	5km
				<b>Total</b>	<b>40km</b>

This example compacts the Kilometres into: 8 x 1 Week blocks – 5 days in a row. Naturally, it may not be possible to structure the 1km's like this. Kids could start earlier than 8 weeks and build up a more gradual 1km count to get to the 40km. Depending on levels of fitness and current activity they may be able to do more in a shorter space of time. Please remember this is not a race. The aim of the Kids Mobile Marathon is to encourage kids to become more active, provide them with a sporting Goal and reward them for achieving that Goal.

# Why Do It?

There are a million and one reasons why Kids should/ need to be more active. We hear and read about these various reasons each day. With so many modern day distractions for kids sometimes sport and the appeal of doing something sporty lacks the cut-through to get their attention. Maybe the Kids Mobile Marathon will help....

The Kids Mobile Marathon is linked to the Clontarf Half Marathon. This is a new event on the racing calendar which includes a Half Marathon and 5 mile run/walk. The Kids race will start immediately after the Main group of Runners. The kids can equally enjoy the atmospheric buzz of a big race and enjoy the spoils of crossing under the finish gantry (adult in tow\*).

## Why do it?

- It's a great way to have fun
- Running and walking makes you physically fit
- You can run or walk anytime and anywhere
- You don't need special equipment
- And you get to experience being part of Ireland's newest marathon! The Irish Multimarathon

On the more serious side.....

'While currently there are no agreed criteria or standards for assessing Irish children for obesity some studies are indicating that the numbers of children who are significantly overweight have trebled over the past decade'. This line was taken from - The Report of the National Taskforce on Obesity 2005

\*Instead of the Adults taking their kids over the Finish lines of various different sporting events (marathons, ironmen etc.) now it's the kids turn

to take you over the line. The roles have reversed! The challenge is there for the kids – it's their day out.

## What You Get for Entering

The Kids who have been entered into the Kids Mobile Marathon will receive the following:



- A Kilometre Countdown chart – This will be posted to you.

This is the main tool for recording the kids progress. You are required to bring this with you to the Main event in Clontarf.

- At Registration in Clontarf you will receive a T –shirt, Race number, Medal and Certificate to say they have completed the Kids Mobile Marathon.

Those are the tangible elements. Naturally there are numerous other benefits that only the parents or guardians will notice. We'll leave those other elements for you to experience, discover and enjoy.....

Entry Fee is €15 plus online fee €1.10

To enter click below

**Please Note: Enter the Kids name on Active Europe system**

**To enter click below on the Active Europe Logo**

