



INTRODUCTION FOR TEACHERS, PARENTS or GUARDIANS

The Niagara Parks Commission is pleased to announce the seventh annual SCHOOLS MARATHON CHALLENGE in conjunction with the Niagara Falls International Marathon. In partnership with the Niagara 1812 Bicentennial Legacy Council, we invite participants to explore the heritage sites along the race course, commemorating 1000 days of war and celebrating 200 years of peace.

With increasing child obesity rates, this event focuses on introducing our young people to the health benefits of participating in the activity of running. The program is open to student's grade three to eight, and there are no fees associated with this program.

While adult runners usually train for 6 or 7 months in preparation for a marathon, the kids registered in the Schools Marathon Challenge will actually run 40 kilometres of the marathon in the six weeks prior to race day and the last 2.195 kilometres on race day to complete the full marathon distance. The kids will start their marathon running 400 meters per day, then increasing the distance over the six week period.

The final 2.195 kilometres of the Schools Marathon Challenge will be run on the last part of the full marathon course on race day, finishing at the actual marathon finish line. Upon crossing the finish line, each runner will receive a finisher's medal and a goody bag. They can also witness elite athletes from all over the world completing the Half Marathon and Full Marathon races.

The program has seen remarkable growth from its inception in 2005 with 196 students to over 1,000 in 2010. We anticipate this growth to continue over the next few years.

For more information, please contact the Niagara Falls International Marathon at (905) 356-9460 or info@niagarafallsmarathon.com. Additional information and updates can also be found at www.niagarafallsmarathon.com.

Sincerely,

Jim Ralston
Race Director
Niagara Falls International Marathon



The Program

Niagara Falls International Marathon

Commemorative timing chips for all participants to keep !

The Schools Marathon Challenge is designed to help children become physically fit through the sport of running. The program is of no cost to schools and fits in with the Ontario Physical Education curriculum.

Each student will be required to complete a combined total of 40 kilometers from the start of the school year in September to the day prior to the running of the Niagara Falls International Marathon on Sunday, October 23rd 2011 at 10:00 am.

On race day, there will be free parking at the Niagara Falls People Mover parking lot (located across from Marineland) and participants will assemble there. There will be a shuttle bus to take parents and teachers to the Finish Line to cheer on the students. At 10:00 am (start time of the marathon) the participants will run to the official finish line, a distance of 2.195 km to complete the marathon distance of 42.195 kilometers. Upon completion of the marathon, each runner will receive a Finishers Medal and goody bag loaded with free samples and coupons.

Each school will be provided with a marathon information kit, consisting of:

Information sheets
Online Log Book

Registration Forms
Posters

Each registered runner will be provided with a Brooks running online log book to record the date and distance ran and have it verified by their Physical Education teacher, principal or parent/guardian.

Schools must pick up their students race numbers, t-shirts and commemorative timing chips at the Skylon Tower Health and Fitness Expo on Friday Oct 21st from **3** - 8pm. The Skylon Tower is located at 5200 Robinson Street, Niagara Falls.

The deadline for returning registration forms to the Niagara Falls International Marathon office is September 30th, 2011. This is necessary for the ordering of T shirts, medals, food, etc.

**The school with the most student participants will receive
A FREE pizza party after the race.**

For more information, please contact the Niagara Falls International Marathon office at (905) 356-9460. www.niagarafallsmarathon.com

PARENT/GUARDIAN QUESTION AND ANSWER SHEET

Can I run the 2.195 km with my child (ren)?

Absolutely. The Schools Marathon Challenge is an excellent opportunity to get the entire family involved in physical fitness and parents/guardians are definitely allowed to run with their kids.

Where can I park my car on Race Day?

There will be complimentary parking at the People Mover parking lot located across from Marineland.

What is the due date for registration forms and who do we give them to?

Registration forms must be handed in to the school by no later than September 30th, 2011. This is to ensure that there is enough time to order medals, T-shirts, goody bags, etc.

How do I get more information about the Schools Marathon Challenge?

You can contact the Niagara Falls International Marathon office at (905) 356-9460 or info@niagarafallsmarathon.com. You can also visit www.niagarafallsmarathon.com for information and updates.

I am interested in running one of the Niagara Falls International Marathon events. How can I register?

Please contact the Marathon office at (905) 356-9460 or visit the website at www.niagarafallsmarathon.com for more information on the Marathon, Half Marathon, 10 km or 5 km race.

How can I sign up to volunteer on Race Day?

The Niagara Falls International Marathon is always looking for volunteers. Please visit www.niagarafallsmarathon.com to download a volunteer form.

Where do I meet my child after the race?

Students will assemble as a group with other children from the same school with the leadership of a teacher and/or parent. After the race children will reassemble with fellow students and the teacher in charge in the corral. All will exit the corral as a group where parents can pick-up their children. There will be a podium set up for photos.

Can the school use the Schools Marathon Challenge as a fundraiser?

Pledge forms can be given to students so they can raise money for the school. Collecting pledges is entirely optional for students and they can still participate in the Marathon Challenge even if they do not pledge.

WHY DO THE SCHOOLS MARATHON CHALLENGE?

Running is a fun way to keep you healthy

You can Run/Walk anytime and anywhere

You do not need any special equipment

It's a great way to have fun

Running gets you outdoors!

Running gets you fit for other sports like soccer,

baseball and even hockey

Being fit lets you look and feel your best.

Running gets you ready for cross-country!

Running will help improve your marks in

Physical Education.

You can make friends through running

Running builds endurance

You can be a part of the International Marathon!

**NIAGARA SCHOOLS MARATHON
CHALLENGE
STUDENT ENTRY FORM**

NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

DATE OF BIRTH: _____ MALE _____ FEMALE _____

TELEPHONE # _____ EMAIL: _____

SCHOOL: _____

PHYS. ED. TEACHER: _____

Please indicate who your child will be leaving the secured area at the finish line with:

Parent/Guardian: _____

Teacher/Supervisor: _____

PARENT/GUARDIAN SIGNATURE: _____

T SHIRT SIZE: YOUTH S M L XL or Adult S

RECOMMENDED TRAINING SCHEDULE (METRES)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Total KM |
|--------|--------|---------|-----------|----------|--------------|----------|
| Week 1 | 400 | 400 | 800 | 800 | 800 | 3.2 |
| Week 2 | 800 | 800 | 800 | 1600 | 800 | 4.8 |
| Week 3 | 800 | 1600 | 800 | 1600 | 1600 | 6.4 |
| Week 4 | 1600 | 1600 | 1600 | 1600 | 1600 | 8 |
| Week 5 | 1600 | 2400 | 2400 | 3200 | 3200 | 12.8 |
| Week 6 | 1600 | 800 | 800 | 800 | 800 | 4.8 |
| | | | | | TOTAL | 40 |