

Daniels Farm Elementary Takes On



Parents, encourage your kids to participate in the DFS Kid's Marathon! DFS kids will learn the fun of staying healthy and fit!

Your child will gain confidence from setting a goal, seeing it through, and becoming a WINNER by FINISHING a total of 26.2 miles!

*No experience is necessary! The kids just need a willingness to get their bodies moving. They will **get in shape** for all upcoming activities by completing laps at recess. They can chat with their friends while they walk or run and will **still have plenty of time to enjoy recess** after their laps are completed for the day.*

Our program begins on Tuesday October 3rd for one month and will resume again in March.

All students will receive a Student Lap Tracker ID card.

ID cards will be scanned at the end of each lap, and completed laps will quickly add up! This year parents can view their kid's progress from home at studentlaptracker.com. Parent volunteers will be needed to help organize and encourage kids at recess. **Be on the lookout for the iVolunteer sign-up.**

Final Mile Event: Will be announced in the SPRING

DFS students will join together behind our school banner and march around Trumbull High stadium, just like in the Olympics!

Kid's Marathoners will be awarded a medal and a t-shirt! (Don't worry if you can't attend the final mile. Do the training at recess, add some extra laps the final week, pay the fee – and your awards will be picked up for you! You are still a WINNER!)

Do you think your kids can complete a marathon? They CAN do it, and we will show them how! This program will allow them to run or walk their way to 26.2 miles in just 10 weeks!

Offered by The Connecticut Association of Schools and founded by Rod Dixon.

New Zealand's Rod Dixon is a 1972 Olympic medalist in the 1500 meters and winner of the 1983 NYC Marathon.

FAQ

Who can participate in the Kid's Marathon?

This program is open to all DFS students in grades K – 5.

How much does it cost?

A \$10 fee, collected in May, will cover the cost of a t-shirt and finisher's medal.

When will my child run or walk his/her laps?

Students will complete ½ to one mile each day, with their friends, for a portion of their recess.

How will they know how far to go?

Students will follow a training schedule for approximately 10 weeks, and miles will add up to an amazing 25 miles!

What happens at the end of the program?

The kids will join participants from nearby schools at an epic FINAL MILE Event to cap off their achievements in front of family and friends (Visit: kidsmarathon-ct.org)





NEW THIS YEAR....LAPS WILL TAKE PLACE AT RECESS FOR THE MONTH OF OCTOBER & WILL RESUME IN MARCH

Don't miss out on this incredible journey! During the last school year, special awards were given to the *amazing* 145 kids who completed the full marathon - 26.2 miles!

Running will take place in October, with the goal of FIVE MILES. We will stop for the winter months and we will start back up again in March.

Make sure to look for special incentive prizes for finishing 5 miles, 13.1 miles AND 20 miles!

Remember: Kids and parents can view accumulating miles from home via a private Student Lap Tracker link.

We are pleased to announce DFS will join other Trumbull Schools for the Final Mile Event to be held at:

Trumbull High School

DATE is TBD

Please fill out the form below and return to your homeroom teacher by Monday September 25th:

Child's Name: _____

Teacher / Grade: _____/ _____

_____ I give my child permission to participate in the Kid's Marathon Training at recess.

(Final Mile details and \$10 for medal/t-shirt occur in May. Do not send money now)

Parent Signature: _____ Date: _____

Email Address: _____

Questions? Email Christine Wadhams at cswadhams@gmail.com