

Dear Parents and Families of Kitsap County students,

The Kitsap County Medical Society Foundation is hosting a fitness and nutrition marathon program that finishes at the Kitsap Family Fun Run & Fitness Fair. The marathon program is structured to allow children and families to complete a full marathon at a rate that is fun and safe for their growing bodies... "one fitness mile at a time."

### How the Marathon/Rewards program works:

- The goals are that the participants reach their marathon mileage (26.2 miles) and increase their fruit and vegetable intake by the completion of the Kitsap Family Fun Run & Fitness Fair on May 22.
- Participants will log exercise mileage and healthy nutrition on each side of the attached record sheet (any physical activity can be converted into logged mileage; see conversion table on record sheet).
- Students will be rewarded for every 5 fitness and nutrition "miles" logged with a toe token from their PE teacher. Each PE teacher will determine the procedures for their school.

We invite you to experience the joys of being physically active as a family. A commitment to daily physical activity and a balanced diet - including plenty of protein, grains, fruit, vegetables, and healthy fluids like water and milk - is the best investment you and your family can make for better health.

**The Kitsap Family Fun Run & Fitness Fair will be held on Sunday, May 22, 2011 at the Kitsap Sun Pavilion on the Kitsap County Fairgrounds from 11:30pm to 3:00pm.** Questions? Contact KCMSF at: (360) 689-2928 or email [kcmsmed@gmail.com](mailto:kcmsmed@gmail.com). Information is also available on our website: [www.KCMedical.org](http://www.KCMedical.org).



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### How to complete your marathon:

1. Find a safe place to run/walk
2. Walk, run or use "fitness miles" to accumulate 25 miles.
3. Keep a record of your miles on the record sheet.
4. Come to the Pavilion at the Fairgrounds on Sunday, May 22, 2011 to run the final 1 or 3.1 miles of your Marathon!!! Don't forget to bring your record sheets!

### Training tips for your marathon:

1. Wear running shoes or sneakers and socks. Proper footwear helps prevent foot problems.
2. Run/walk with a friend. You can encourage each other that way. Talk while you run/walk, you can maintain the perfect pace that way.
3. Stretch your legs before you run. Stretching helps prevent injuries. Hold each stretch for 20 seconds without bouncing up and down.
4. Drink lots of water after you run and throughout the day. Water helps muscles do their work.
5. Get plenty of sleep. Your muscles need lots of rest so you can keep running/walking everyday.
6. Eat a well-balanced diet including lots of protein and carbohydrates. Your body need fuel to do its work.

### A training schedule for your marathon:

Below is a training schedule with suggested distances or you may want to set up your own schedule. If you can only run or walk a little, keep trying. If you run or walk more than a mile per day, great! If you play a lot of soccer or other sports where you run a lot, this may be easy. Just remember to space your workouts so you are prepared to walk the final distance on Marathon Sunday! Early completion of the program is not recommended. The schedule leaves Saturdays and Sundays for make up days or to give you a rest day during the week. It is important to keep track of your progress toward your goal. As you complete each mile, color or mark off each mile on the record sheet.

Monday, April 18 - April 22	1/2 mile/Weekday	5 miles total
Monday, April 25 - April 29	1 mile/day	10 miles total
Monday, May 2 - May 6	1 mile/day	15 miles total accumulated
Monday, May 9 - May 13	1 mile/day	20 miles total accumulated
Monday, May 16 - May 20	1 mile/day	25 miles total accumulated
Sunday, May 22, 2011	1 mile	26 miles total - COMPLETED!