

# KIDS' MARATHON CLUB

2024 Run4Life 5K & 1 Mile Run



The marathon club is designed to encourage students to establish lifelong fitness habits by becoming involved in a participatory/goal setting activity. The goal is to log enough miles to complete a full marathon. The Prisma Health Run4Life race will serve as this group's main event. The race is only \$10 for the One Mile and \$15 for the 5K.

Run4Life is also an event the whole Woodland Family can enjoy (Parents, Grandparents, Sibling, Friends) with your choice of either the 5K or 1 Mile courses, all while supporting cancer patients in our community. Donations are optional, but teams that raise \$1250 or more get their own tent!

If you would like to give toward this great cause, go to: [www.run4lifesc.org](http://www.run4lifesc.org) and click on the donate tab. Please select Woodland Elementary under the TEAMS tab so your donation will count for our team. Participation in the racing events is not required to donate.

## Program Expectations:

- Register your student online for the Run4life 1 Mile or 5K
- Have a parent/guardian approved running route. (1 miles = 5280 feet **or** 20 minutes of running)
- Turn in the signed (parent/guardian) running log that = 26.2 miles (full marathon).
- Participate in the Run4Life 5K or 1 Mile the morning of November 2<sup>nd</sup>.

**NOTE:** Although the program is designed to encourage physical activity outside the school setting, students have the opportunity to log some of their miles in the gym every Tuesday/Friday before school. Students usually run between 1-2 miles each session.

## Club members in the program will receive:

- The option to run in the gym to log miles every Tuesday & Friday (7:15-7:40 until the end of March)
- Race bib & optional T-shirt. (Parents will need to pick these up during packet pick-up times before the race)
- A wristband for runners that have completed at least a half-marathon.
- Students completing a full marathon will also receive a certificate & medal. (Medals are donated from past adult marathons)

## HERE ARE SOME DETAILS ABOUT THE MARATHON CLUB'S MAIN EVENT:



**Event:** Prisma Health Run4Life 5K/1M (race counts as mileage toward their marathon running log)

**Where:** Caine Halter Family YMCA (721 Cleveland St. Greenville, SC 29601)

**When:** Saturday November 2, 2024

**Cost:** \$10 for the mile run **OR** \$15 for the 5K (optional T-shirts are available for only \$10)  
\*\* Parents also need to register if you are running with your child \*\*

**Packet Pick-Up:** Friday (12pm-6pm) or Saturday morning before the race.

\*\*\* **Parents are responsible for their child before/during/after the race. We will meet as a group before the race starts** \*\*\*

### Verification of Online Sign Up

Since registration is online for this race, **I need your verification that your child has been registered online.** Make sure to select **Woodland Elementary School** under the **TEAM** tab for all family members that are registering. Please fill out the information below and have your child bring it to the gym so I can add them to the Marathon Club list.

Yes...I Registered My Child Online for the Run4Life  1 mile  5K

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Teacher Name

\_\_\_\_\_  
E-mail  
Please write clearly

\_\_\_\_\_  
Parent Signature  
Verifying Online Registration

Go To: <http://run4lifesc.org> for More Information & To Register with Team Woodland

Deadline to be included in the Woodland group is Wednesday, October 30, 2024