



## WAMC Kids Marathon

The West Australian Marathon Club joined the national Kids Marathon Series in 2008. It has been a great success and we are looking forward to the Perth Kids Marathon continuing to grow bigger and bigger each year. It has a unique format that allows kids, kindergarten through to high school to run a marathon - one kilometre at a time. It will be held in conjunction with the **40th Anniversary Perth Half Marathon on Sunday 4 August**. All children are encouraged to commence a training program on Sunday 9 June and start logging their kilometres. The aim is to run the first 40km of the marathon distance over a number of weeks in the child's own time, then on marathon day complete the final 2.195km at the Perth Half Marathon. This is a great opportunity for children of school age to start an exercise program that will continue over a number of weeks and culminate in the completion of a "marathon".

## How to Run Your Marathon

Find a safe place to run. Walk or run 40km in the 8 weeks leading up to 4 August. Use the training schedule to help plan your runs. Come to the Perth Half Marathon on Sunday 4 August to run the final 2.195km of your marathon. "FINISHING IS WINNING..... WINNING IS FINISHING"

## Training Schedule

If you can only run a little, keep trying. If you run more than a kilometre a day, great! If you play a lot of sport where you run a lot, this may be easy. Just remember to space your workouts so you are prepared to run the final distance on marathon day. Early completion of the program is not recommended. The schedule below leaves two days a week for catch up days or rest days. It is important to keep track of your progress toward your goal. As you complete each kilometre mark it off on your Kilometre Countdown Chart. This is only a guide and you may choose to start your "marathon" earlier or later than the dates above...but don't try to do too much too close to marathon day!

**Commencing Sunday 9 June, run 1km a day over 5 days = 5km a week.**

**Final run before the big day should be Friday 2 August = TOTAL 40km**

## On Marathon Day

**Where:** WAMC Clubrooms, 1 Camfield Drive, Burswood.

**When:** Sunday 4 August.

**Distance:** Last 2.195km of your marathon.

**Eligibility:** All school age children are encouraged to participate upto 18yo.

**Entry:** One entry per entrant, to be completed by the parent.

**Fee:** \$40.

**Entries close:** Sunday 9 June.

**No refunds:** Entry fees are non refundable and entries are non transferable.

**Race Pack Collection:** WAMC Clubrooms between 10am - 1pm Saturday 3 August. Your race pack will include a bib number which must be worn on race day and your free participants' t-shirt\*.

**Rewards:** All finishers will receive a medal. All participants must complete their race on race day to receive their medal. Make up distances and/or alternate race dates will not be recognised.

**Post race:** After the completion of the marathon, participants will be served breakfast at the finish line while they await the arrival of the first finishers in the Perth Half Marathon.

**Souvenir photographs:** Faze Photography will do their best to capture every finisher in the Kids Marathon at the finish line. These photographs will be available shortly after the event.

## Additional Information

All school age children are encouraged to participate. The maximum age is 18. All finishers will receive a medal. All participants must complete their race on race day to receive their medal. Make up distances and/or alternate race dates will not be recognised.

## Event Manager

WEST AUSTRALIAN MARATHON CLUB

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# Kids Marathon

2024

## SUN, 4 AUG

### MARATHON COUNTDOWN:

Starting Sunday, 9 June run 1km, five days a week.  
Each day mark off the kms ran on this chart - aim to run 5kms per week. Finish your marathon with the final 2.195kms on Sunday, 4 August.

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

**FREE**

Shirt & Medal



SUNDAY  
9 JUNE

**START**

**FINISH**

SUNDAY  
4 AUGUST

42.195

41

40

39

38

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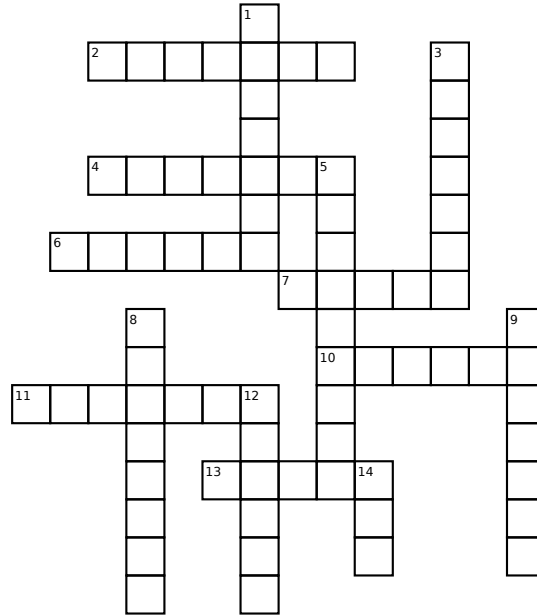
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## 2024 Kids Marathon Crossword



### Down:

1. Being active and eating well contribute to your overall \_\_\_\_\_.
3. When you exercise, you make your \_\_\_\_\_ stronger.
5. Running regularly can improve your \_\_\_\_\_ and stamina.
8. Comfortable shoes worn for running and other physical activities.
9. Eating fruits and vegetables helps you stay \_\_\_\_\_.
12. Running and exercise are good for your overall \_\_\_\_\_.
14. A form of exercise where you move quickly on foot.

### Across:

2. \_\_\_\_\_ jacks are a fun exercise where you jump and spread your arms and legs.
4. A person who trains and competes in sports or running events.
6. Apples, oranges, and bananas are examples of healthy \_\_\_\_\_.
7. When you run, your \_\_\_\_\_ work hard to help you breathe.
10. Try to stay \_\_\_\_\_ every day to keep your body strong.
11. Always \_\_\_\_\_ before and after running to prevent injuries.
13. Staying hydrated is essential during exercise, so remember to drink plenty of this.

ANSWERS: 1. FITNESS 3. MUSCLES 5. ENDURANCE 8. SNEAKERS 9. HEALTHY 12. HEALTH 14. RUN  
2. JUMPING 4. ATHLETE 6. FRUITS 7. LUNGS 10. ACTIVE 11. STRETCH 13. WATER