

INTRODUCTION FOR PRINCIPALS, TEACHERS, PARENTS or CAREGIVERS



The Caversham Harrier and Athletic Club is pleased to confirm the Sixth **CHILDREN'S MARATHON CHALLENGE** in conjunction with the Cadbury Dunedin Marathon.

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 event is open to students, year three to eight.

While adult runners usually train for 6 or 7 months in preparation for a marathon, the children registered in the Children's Marathon Challenge will actually **run 40 kilometres of the marathon in the six weeks** (or longer if necessary) prior to race day and **the last 2.195 kilometres on race day** to complete the full marathon distance. The children will start their marathon running 400 metres per day, then increasing the distance over the six week period.

The **final 2.195 kilometres** of the Children's Marathon Challenge will be **run around Logan Park** finishing inside the **Caledonian Ground** on **Sunday 10th September, 2017**. Upon crossing the finish line, each runner will be greeted by an Otago sporting personality. They can also witness the start of the Half Marathon run and walk from the Sargood Centre.

There will be an entry fee of \$3.00 per child.

I am acutely aware of the burden a school office faces each day so I have tried to **simplify the procedure for returning numbers and monies**.

Sincerely,

Dave McWhinnie
Children's Marathon Challenge Convenors
Caversham Harrier and Athletic Club
Email davidmcwnz@gmail.com
Website www.dunedinmarathon.co.nz



RICOH
imagine. change.

How the Children's Marathon Challenge Works?



The Children's Marathon Challenge is designed to help children become physically fit through the sport of running. The event fits in with the National Administration Guideline 1.

"Each board, through the principal and staff, is required to develop and implement teaching and learning programmes giving priority to regular quality physical activity that develops movement skills for all students."

Each student will be required to complete a combined total of 40 kilometres from week three (or earlier) of the third school term in July to the day prior to the running of the Dunedin marathon on Sunday, September 10th, 2017 at 8.30am.

On race day, runners are asked to **assemble** on **Logan Park** opposite entrance to University Oval between **8.00am – 8.20am**. The children will run a course over **Logan Park** (see map) **finishing inside the Caledonian Ground**. They will enter the Caledonian Ground and nearly do a lap finishing in front of the grandstand. The children can **keep** their **race number** as a souvenir.

Each runner will be **provided** with a **map** of the **Dunedin marathon course** where they can **colour** in the kilometres they have achieved at school. At the bottom of this map is a **registration strip** to be completed by the child and signed by a parent or caregiver. Schools are welcome to do extra copies for themselves or from the website www.dunedinmarathon.co.nz.

Schools are asked to send a summary of participants in the three groups, Year 3-4, Year 5-6, Year 7-8, to the convenor. A parent is welcome to run with their Year 3 or 4 child. Each group will have a staggered start with the Year 7 and 8 children going first.

The Caversham Harrier and Athletic Club will arrange delivery of race packs to the schools during the week prior to the marathon day.

Dri Gear T-shirts for the **Sixth Children's Marathon Challenge** are available for purchase at **\$27.00** each. **These are optional**. Please send money to your school with the registration form. The T-shirt will be the same design that adults can purchase for their marathon or half marathon events. They can be seen on www.dunedinmarathon.co.nz. Cheques should be addressed to "Caversham Harrier and Athletic Club". Schools are requested not to cash the cheques but send them and a summary sheet to the address below? **Please do not send the individual children's registration forms, only the summary sheet.**

Do not send cash, as previously envelopes had money, taken from them.

Spot Prizes: All schools participating in the event will go into a draw for **five pairs** of Mizuno shoes, provided by Fronrunner. Selected schools can hold their own draw to determine the winner of the shoes.

RECOMMENDED TRAINING SCHEDULE (METRES)

The **deadline** for returning registration forms and T-shirt money to

Dave McWhinnie, 1 Estuary Crescent, Fairfield, Dunedin 9018

is **August 15th, 2017**. This is necessary for the ordering of certificates, race numbers and T- shirts. Pupils should register their intention to participate with the school between 7-11 August. However some schools may choose to do the administration part earlier.



(return to Dave McWhinnie, 1 Estuary Crescent, Fairfield, Dunedin 9018 by 15 August 2017)

REGISTRATION SUMMARY

| | |
|----------------|--|
| Name of School | |
|----------------|--|

| | |
|---|--|
| Staff Member Responsible for the Children's Marathon Challenge: | |
| Email address: | |

| | | | |
|------------------------|-----------|-----------|-----------|
| No. of Pupils involved | Years 3&4 | Years 5&6 | Years 7&8 |
| Total | | | |

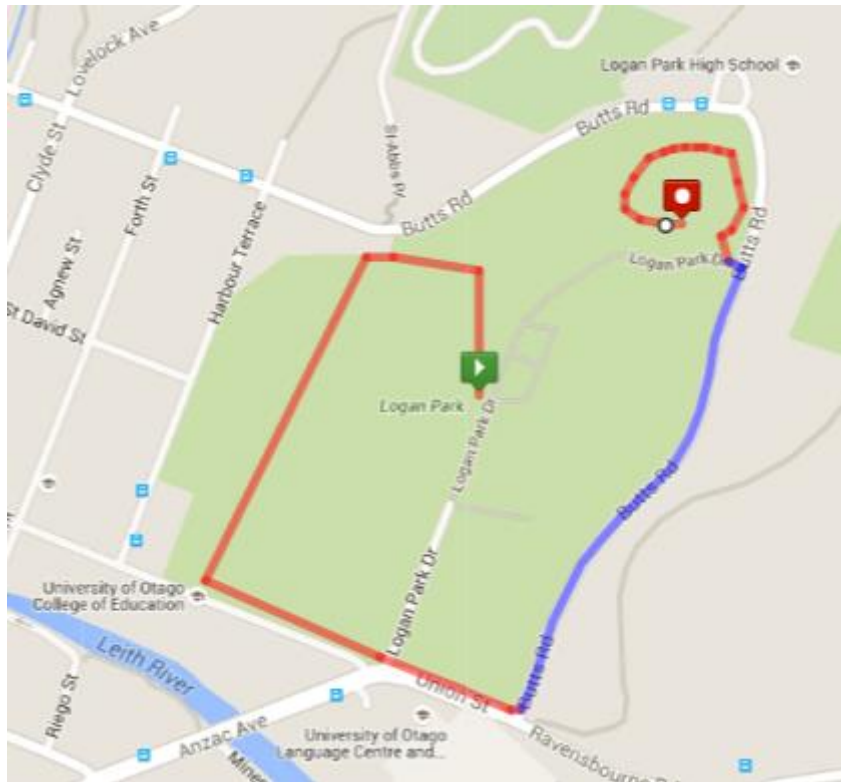
| | | |
|----------------------------|----------------|--------|
| Entry fee \$3.00 per child | No of Children | Amount |
|----------------------------|----------------|--------|

| | | | | | |
|----------------------------------|----|---|----|----|----|
| T-shirts required - Sizes | 6 | 8 | 10 | 12 | 14 |
| Total number of t-shirts | | | | | |
| Amount of T-shirt money enclosed | \$ | | | | |

| | |
|-----------------------|----|
| Total amount enclosed | \$ |
|-----------------------|----|

| | Monday | Tuesday | Wednesday | Thursday | Friday | Total (kms) |
|--------|--------------|---------|-----------|----------|--------|-------------|
| 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 | 8.0 |
| Week 5 | 1600 | 2400 | 2400 | 3200 | 3200 | 12.8 |
| Week 6 | 1600 | 800 | 800 | 800 | 800 | 4.8 |
| | TOTAL | | | | | 40.0 |

Please note the training schedule can be used as a guide. Inclement weather may well be a factor as the children do their training.



Map showing start in Logan Park and end in the Caledonian Ground.