

# CORPUS CHRISTI MARATHON CLUB POLICIES AND PROCEDURES

## MARATHON CLUB GOALS:

- To promote a lifelong love of fitness.
- Encourages kids to challenge themselves to complete a goal by walking or running a mile once weekly until they reach 26.2 miles (marathon distance).
- To build friendships through exercise.
- To enjoy the benefits of outdoor exercise.

## WEATHER POLICY:

- The weather policy is to cancel if there is rain, snow, icy sidewalks or it “feels like” 27 degrees or below. Cancellation is subject to the judgement of the Marathon Committee. Please check your email anytime temperatures are in the low 30s or below, or the conditions seem treacherous. Cancellations will also be made in the event of strong wind gusts and lack of parent volunteers. Cancellations will come via email by 1:30pm on Mondays.

## VOLUNTEERS

- **Our volunteers are critical to the success of marathon club. It is about a 45 min commitment immediately after school. Our volunteers help to supervise the children while they are running and making sure they are safe. We cannot ensure the safety of the children without an adequate number of volunteers. Please consider helping if you are available.**

## COMMUNICATIONS:

- Please include your email address on the consent form; that is the primary communication tool from Marathon Club members to you. If there are other emails to add for your child, please let us know, so that we can make sure all parents are included on the communication.
- Please be sure to check your email on Mondays in case of adverse weather.

## T-SHIRTS / AWARDS:

- T-shirts will be available to all participants and parents. Cost is \$10. Cash or checks will be taken at the start of the year. **Checks need to be made out to Katie Moore. Please put in the memo line CC Marathon Club. Please include your students name on either check or attached to cash.**
- T- shirts will be ordered towards the end of September 30 and then again on February 28. Only two orders will be placed this year to keep the cost down.
- Medals will be given to all children that complete 26.2 miles. For those children that complete two or more marathons they will get a trophy. The child with the most miles will also get a special award.
- CLOTHING:
- Students may change clothes in restrooms at school. They may also choose to wear their uniforms to marathon club. This is preferred.

#### EXTRA MILES

- Yes!!
- Kids can earn a MAXIMUM of 5 miles at home with a parent or sibling. Just notify a committee member or myself and I will get them added
- Kids can also participate in any sponsored run such as the Kansas Half Marathon and 5K.

#### SAFETY AND BEHAVIOR POLICY:

- Please remind your children to **check in to grab their lanyard** before starting **and turn in lanyard** when they finish. Volunteers will be there to assist them.
- Wear appropriate shoes! No flip flops or hard sandals for the safety and comfort while running.
- The route is staffed by parent volunteers and cannot happen without their help. Safety is our biggest concern and volunteers will be spaced along the route so that children may be seen at all times.
- If a child is showing disrespect for others on the path or not following safety guidelines, the child and parent will be notified. Severe offenses may result in the child not being able to participate.
- A severe offense would occur if the child left the route without notifying the committee or a parent volunteer. All children will need to be accounted for at all times.
- Children will be asked to wear a lanyard around their neck to help with identification.

- It can be cold and windy here in Kansas. Please dress for the weather appropriately. Layers are best. Inappropriate attire may result in your child not participating.
- **ABSOLUTELY NO USE OF CELL PHONE OR IPODS BY CHILDREN DURING RUN.** This is for several reasons: we do not want children distracted and this is a time where kids can be away from their electronics and enjoy a fun activity outdoors.

#### TIPS, TRICKS AND FAQ:

- Come as often as you can. There are about 28 Monday's till the end of the school year.
- Have your child walk or run with a friend. Good excuse for us parents to get out and move with our kids.
- Make up miles will be offered down the road
- Prizes will be given for each completed marathon.
- T Shirts are provided for participating
- Any organized run outside of marathon club will also count. Committee members just need a note or an email from parents letting us know the date, name of the event and the distance.
- Please establish with your child where they will go after Marathon Club. Extended care will be available to those that are already participating.
- Student may not start the route after 3:45pm. This is to ensure that we have volunteers located along the route and can be finished by 4:00pm.

Please contact Katie Moore for more information.  
[Katmoore23@hotmail.com](mailto:Katmoore23@hotmail.com)