

Nebraska Extension



MARATHON KIDS

Summer Family Run Club



Welcome to the 2023 Nebraska Extension Marathon Kids (MK) **Summer Family Fun Club**. Our goal is for youth and their families across Nebraska to be active and gain confidence through completing the distance of a marathon, one mile at a time! Whether you run, walk, or move - a mile is a mile, and being physically active is SO GOOD for your health! Parents and caregivers (YOU) play a CRITICAL role in motivating kids to be active, whether it's through coordinating a family walk/run in the evening, finding a fun park for the family to run and play, or even encouraging good habits to balance screen time with active time. Thank you for joining our family run club and for making physical activity a priority for the kiddos in your life!

Here are all the details you'll need to know as you and your kiddos participate in the program.

- **What is the timeline of the program?** The Summer Family Run Club will start on *June 1, 2023* and end on *July 31, 2023*.
- **How do I log miles?** Use the Marathon Kids Tracking Sheets to track your miles each day by placing stickers over each circle every time you complete a mile. What if you don't complete a whole mile? Every little bit counts, so be sure to keep track of $\frac{1}{4}$ and $\frac{1}{2}$ miles as well. I recommend writing on the mile circle - once you complete that whole mile, then place a sticker over the mile circle. Every 5 minutes of heart-pumping physical activity equals $\frac{1}{4}$ mile. Adult and older youth should track their miles using either the Marathon Kids Mileage Logs or the Marathon Kids Tracking Sheets.
- **Share your success:** Once your child has filled their whole mileage sticker chart and completed a marathon, snap a picture and share it on the Nebraska Extension Marathon Kids Facebook Group. Be sure to tell us your child's name (first and last) when you post the picture. If you prefer to not share your picture on the Facebook group - no problem. You can also email the picture to dbehrends2@unl.edu, and I'll make sure your child gets credit for that marathon.
- **Weekly challenges:** Use the Marathon Kids Weekly Challenges sheet to complete the challenge each week. Once you've completed the challenge - place a sticker in the circle to show that it's done. Once you've completed all eight challenges - share it on the Nebraska Extension Marathon Kids Facebook Group to get your name entered in a grand-prize drawing at the end of the summer.
- **How can my kiddos earn prizes?** Each time your child completes a marathon, their name will be entered into a drawing for some cool grand prizes at the end of the program. They can also get their name in a drawing if they complete all eight weekly challenges! Stay tuned for more information coming out over the Marathon Kids Facebook Group in the coming weeks.
- **Share on social media!** If you haven't already, join our Facebook Group today (Nebraska Extension Marathon Kids)! PLEASE interact with us on social media by sharing pictures of your family being active.

Please reach out to Donnia Behrends (dbehrends2@unl.edu) if you have any questions! THANK YOU for joining Marathon Kids AND for making physical activity a priority for the kiddos in your life!

