



Waddell & Reed Kids' Marathon presented by Children's Mercy
Hospitals and Clinics

Follow Up Information- Individuals

Saturday, October 15, 2011

WELCOME: The 4th Annual Waddell & Reed Kids' Marathon presented by Children's Mercy Hospitals and Clinics is right around the corner! We are very excited about this event, which encourages area kids to be active and maintain a healthy lifestyle.

As the event draws near, we are asking individuals to step in and take a leadership role for this effort – encouraging children 5- 15 yrs of age to sign up for the Kids' Marathon and sign on for healthy living!

EVENT INFORMATION: Waddell & Reed Kids' Marathon presented by Children's Mercy Hospitals and Clinics will host the event on October 15, 2011 from 10 a.m. to 1 p.m.

EVENT LOCATION: Kids' Marathon Race Day activities will begin in Washington Park, directly across from Union Station (north of Pershing in-between Grand and Main).

PACKET PICK- UP/ EXPO: The participant representative (1 per family/ child) will come down and pick up race packets during the race Expo. **There will be NO packet pick up the day of the race.**

LOCATION: Crown Center Exhibit Hall A ****this exhibit hall is located in the Hyatt Regency****

ADDRESS: 2323 McGee Street, Kansas City, MO 64108

TIME: Thursday, October 13th: 12PM- 7PM

Friday, October 14th: 10AM- 9PM

RACE PACKETS: Each participant should receive a race packet containing wristbands, a bib number, and a t-shirt.

WRISTBANDS: There will be 2 YELLOW wristbands provided per participant. One wristband is for the participant, the other wristband is for the parent/guardian to wear. The 2 wristbands will each have the same number on them and it should match the participants bib number. The child must be matched with an adult wearing the matching number to leave the race finish area. Parents/guardians are welcome to run the race with the participants.

REGISTRATION: It's NOT TOO LATE TO REGISTER. You can register on-line until Oct. 9th or you can sign up at the EXPO. Encourage family and friends to join in on the fun! *Note: A \$15 fee will be associated with on-site registration at the Expo.*

TRAINING GUIDE: A training guide developed by Children's Mercy can be downloaded free of charge by clicking http://waddellandreedkansascitymarathon.org/ContentDir/Marathon_Kids_Training_Guide2011.pdf . We encourage you to have your participants use this guide to help prepare them for the 1.2 mile run.

KIDS MARATHON CLUB: Each child is encouraged through the training guide to run or walk 25 miles leading up to the final 1.2 miles on race day at the Kids' Marathon, which upon completion totals a full marathon! Participants should track all miles completed on the training log: http://waddellandreedkansascitymarathon.org/ContentDir/Kids_Training_Log_2.pdf Those participants completing all 25 miles leading up to the Kids' Marathon along with the 1.2 mile run on event day will be recognized with a **Certificate of Completion** as well as on the Children's Mercy and Kansas City Marathon websites. Bring the training log with you to the Expo to receive your certificate.

RACE DAY ACTIVITIES TIME SCHEDULE:

10:00 a.m. - **Entertainment begins**

10:30 a.m. - **Welcome**

10:40 a.m. - **Stretching**

10:45 a.m. - **Mascot races**

10:50 a.m. - **Kids head to Starting Line**

11:00 a.m. - **Kids' Race Starts!**

11:00 a.m. -1:00 p.m. - **Kids' Zone After Party Area open**



STARTING LINE: ALL RUNNERS: Please have your child(ren) line up at the start line by grade, grades 6-8 will be towards the front and younger children will be lined up behind them. If your family has young children and would like to run together or you are using a stroller, we recommend you line up at the back of line. This is for all children's safety during the race. **Note: If child(ren) do plan on walking the event, please instruct them to start at the back of the line no matter what grade level.**

KIDS RACE COURSE: The Kids' Marathon course is approximately 1.2 miles and each family should have a chaperone or adult at the event. Start line volunteers will direct all runners on the course. The race route map is available here: http://waddellandreedkansascitymarathon.org/ContentDir/kidsmarathon_course_maps_39.pdf .

TRANSPORTATION: Transportation is the responsibility of each family. Please plan to arrive in enough time to find a parking place and get to the event start. Remember the larger races will be going on and streets will be closed.

QUESTIONS/ VOLUNTEERS: For questions on race day, please go to the Volunteer check-in tent for assistance. For any other inquires please do not hesitate to contact us at: kidsmarathon@kcmarathon.org

AFTER PARTY (Kids' Zone): The after party area will be open right after the race starts. **PLEASE NOTE: The food, water, and other snacks are for participants!** (Participants will not be permitted to visit the Kids' Zone prior to the race.)

LOST CHILDREN: We will have a lost child area set up before and after the Kids' Marathon event. It will be located at the Volunteer check- in tent. This tent is located on the corner of Pershing Rd and Grand Blvd, by the park statue. Please ensure the cell number of a guardian who will be at the event is on the back of the participant's bib number so we can call if you are separated from your child.

SECURITY: There will be uniformed Kansas City Police Officers at the course at all intersections and one will be at the finish line area for the Kids' Race.

MEDICAL: Kansas City EMS crew will be present in case of any medical emergencies. We will also have doctors and nurses available.

PARTICIPANT SUPPORTERS: Parents, siblings and friends are encouraged to cheer for their participants along the route. Each group may bring a banner or sign on race day for course cheerleaders to hold. Someone from your group can hold it or if you would like a volunteer to hold it please bring to the volunteer check in.

WEATHER: Rain or shine, the Kids' Marathon will continue (only lightning will cancel the event.) Participants should bring a light jacket or coat in the case of cold weather.