



Parent Instructions

Dear Parents,

Running Fit has set up a fun way for every child to be able to complete a marathon! We are working with Running Fit to make it easy for your child to earn mileage incentives and complete the last miles of the 26.2 mile total at the Burns Park Run on Sunday, May 3, 2009. Kids may also finish on their own - contact Jackie Dalton for kids not running the Burns Park Run. Enter your child by completing the following steps:

1. Complete the Martian Marathon entry form (no fee) and return it to your child's classroom by Monday, March 30. Alternatively, you may sign up ONLINE at www.BurnsParkRun.org – follow the “Walk and Talk” navigation link on the home page and look for the Martian icon in the lower right corner. There, you can click to get to the sign up form for the Mini Martian Marathon and download the mileage log sheet.
2. Help your child keep track of mileage using the log sheet. Incorporate walking or running into your daily routines and record the approximate distances- walk to the store, to and from school, to friends' houses, to soccer practice. Do some training runs to prepare for the Burns Park Run and/or join Walk and Talk.
3. Watch for more information via backpacks and email. The kids will earn incentives at miles 5, 10, 15, 20, 25 and 26.2 miles. Incentives will be distributed by Walk and Talk volunteers. If your child does not participate in Walk and Talk, contact Jackie Dalton.
4. Plan to have your child complete the appropriate number of miles by April 30 so they may rest for the Burns Park Run (at least 25.7 miles for Fun Run finishers, 23.1 miles for 5K finishers, or 20 miles for 10K finishers.) Then sign up for the appropriate run on race day! All finishers will receive a Martian Marathon medal in addition to their other Burns Park Run hardware!
5. NOTE that the Martian Marathon signup does not include Burns Park Run registration! Register for the BPR separately online or find forms for the Burns Park Run at the race website, www.BurnsParkRun.org (Note: discounted entry fee for kids aged 12 and under for online pre-registration only: \$12.50 - - - late registration is \$20)

Adult supervisors of Walk and Talk are needed! If you have time between 11:15am and 1:15pm on any Mondays, Wednesdays or Fridays in April, please consider volunteering for Walk and Talk! Any time you can spare will be greatly appreciated by Courtney Simon and the kids! Visit the Walk and Talk page at www.BurnsParkRun.org or email csimon1974@yahoo.com to learn more and sign up online to volunteer.

Thank you for supporting kids' fitness!

Jackie Dalton
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