

The Middletown Recreation & Parks Department  
In collaboration with Middletown City School District  
And the Junior Classic Running Team is taking on the...

## *Rod Dixon's KiDSMARATHON*



*Finishing is Winning...  
Winning is Finishing*



Do you think your kids can run a marathon?  
They CAN do it, and we will show them how!

This program will help them run or walk their way to 26.2 miles in just  
10 weeks!

FREE!!!! FREE!!!! FREE!!!! FREE!!!! FREE!!!! FREE!!!! FREE!!!!

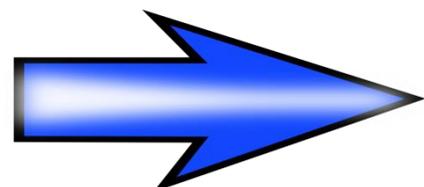
**This program is open to all students in Grades K – 5.** Participants will run or walk with their friends and coaches on Mondays and Wednesdays starting April 1, 2019 – May 29, 2019 from 6:00pm – 7:00pm at the Middletown High School Track. They will follow a training schedule with their running and/or walking adding up to an amazing 25.2 miles! The kids will join in on a huge FINAL MILE CELEBRATION event to cap off their achievement in front of family and friends cheering them on at the Junior Classic held on Saturday, June 1, 2019 at the Twin Towers Middle School Track.

**Participants will learn the fun of staying healthy and fit.** They will gain confidence from setting a goal, seeing it through and become WINNERS as they FINISH a total of 26.2 miles!

**Parents, encourage your kids to participate in KiDSMARATHON.** No experience is necessary! All they need is a willingness to get their bodies moving. They will get in shape for spring and summer activities and won't say they are bored in the evenings. They can chat with their friends while they walk or run together and create memories to last a lifetime.

**Our program begins on Monday, April 1<sup>st</sup> and runs every Monday and Wednesday until May 29<sup>th</sup> from 6:00pm – 7:00pm at Middletown High School Track. All participants' miles will be tracked by our coaches.**

**At the FINAL MILE CELEBRATION, students will join together and march in just like The Olympics!** Our kids will get cheered on to run their final mile of the KiDSMARATHON. All participants will be awarded with a medal and a t-shirt! *(Don't worry if you can't make the final mile celebration...do the training with us and add some extra laps the final week, and we will pick up your awards for you! You are still a WINNER!)*



## To Register:

The Middletown Recreation and Parks Department is now taking ALL registrations online. This means that everyone MUST create an account to register for any future programs including the KiDSMARATHON.

<https://parksrec.egov.basgov.com/middletown>

Step 1: Click Register in the top right hand corner to create an account.

- Account info – parent/guardians information.
- To add your child, click add participant and fill in the information.
- Be sure to include the appropriate grade for your child (participant) because you need it to be accurate to register.
- Remember your e-mail and password; your e-mail address will be your Login.

Step 2: Login.

Step 3: Click the Spring Programs square.

Step 4: Scroll to the appropriate program KiDSMARATHON.

Step 5: Click register.

Step 6: Click the participant you wish to register (your child in grades K-5<sup>th</sup>).

Step 7: Click Add to cart.

Step 8: Fill in required boxes for the participant.

- Type all allergies/medical conditions (if this does not apply type none).
- Type emergency contact name and phone number (you can list more than one).

Step 9: Click Register when finished.

Step 11: Check the box acknowledging you have read and understand the waiver agreement.

Step 12: Click Complete Registration.

Step 13: CONGRATULATIONS you are now register for KiDSMARATHON

**If you need help setting up your account or registering please feel free to call us at**

**(845) 346-4180 for assistance. If you do not have access to a computer**

**or internet we can set up your account with you in our office.**