



Presented by the Service Guild of Birmingham

SAMPLE LETTER TO PARENTS

Dear Parent,

Over the next five months, our school will be training for the *2010 Mercedes Kids Marathon*. The *Mercedes Kids Marathon*, *presented by the Service Guild of Birmingham*, is an innovative, endurance building running/walking program for K-5th graders. Our goal is to assist your child(ren) in building endurance, setting and accomplishing long-term fitness goals and enhancing his/her self-esteem while teaching them valuable lessons about making health and fitness a regular part of their life.

Children will run the distance of a full marathon (26.2 miles) over the course of the five month program. To achieve this goal, kids must train for the last mile of their marathon by running a total of 25.2 miles in ¼ mile, ½ mile, ¾ mile or 1 mile increments between now and the end of January to qualify for race day participation. As each child completes the final mile on the actual marathon course on Saturday, February 13, 2010, he/she will receive a *Mercedes Kids Marathon Finisher's Medal*, a miniature version of the *Mercedes Marathon* finisher's medal.

Our students will run each Monday in PE class. Please be sure they dress appropriately for this activity. To make this easier for everyone involved, we will keep a master running log of the miles run to turn into the Marathon office once we reach 25.2 miles.

You will be responsible for entering your child in the Mercedes Kids Marathon. *This MUST be done by November 15th*. Please visit www.mercedesmarathon.com to register your child online. Please be sure to print out a confirmation of your registration and send it to us so that we can enter them into our mileage log.

If you have any questions, or would like additional assistance or information, please do not hesitate to contact us at the school or contact the marathon office at (205) 870-7771 or at kids@mercedesmarathon.com.

Thanks! Feel free to come run with us!

Coach's name

