

# WAMC

# Kids Marathon



## SUNDAY 18 JUNE 2017

### WAMC Kids Marathon

The West Australian Marathon Club joined the national Kids Marathon Series in 2008. It has been a great success and we are looking forward to the Perth Kids Marathon continuing to grow bigger and bigger each year. It has a unique format that allows kids, kindergarten through high school to run a marathon... one kilometre at a time. It will be held in conjunction with the annual Perth Marathon on Sunday 18 June, 2017. All children are encouraged to commence a training program in April/May/June and start logging their kilometres. The aim is to run the first 40km of the marathon distance over a number of weeks in the child's own time, then on marathon day complete the final 2.195km at the 2017 Perth Marathon. This is a great opportunity for children of school age to start an exercise program that will continue over a number of weeks and culminate in the completion of a "marathon".

### How to Run Your Marathon

Find a safe place to run. Walk or run 40km in the 8 weeks leading up to 18 June. Use the training schedule to help plan your runs. Come to the Perth Marathon on Sunday 18 June 2017 to run the final 2.195km of your marathon. "FINISHING IS WINNING..... WINNING IS FINISHING"

### Training Schedule

If you can only run a little, keep trying. If you run more than a kilometre a day, great! If you play a lot of sport where you run a lot, this may be easy. Just remember to space your workouts so you are prepared to run the final distance on marathon day. Early completion of the program is not recommended. The schedule below leaves Saturdays and Sundays available for catch up days or to give you a rest day. It is important to keep track of your progress toward your goal. As you complete each kilometre mark it off on your Kilometre Countdown Chart. This is only a recommended schedule and you may choose to start your "marathon" earlier or later than the dates above...but don't try to do too much too close to marathon day!

**Every Monday to Friday run 1km a day = 5km a week.  
Commencing Monday 24 April.  
Final run before the big day Friday 16 June.  
TOTAL 40 kilometres**

## Register now at [www.wamc.org.au](http://www.wamc.org.au)

### On Marathon Day

**Where:** Start/finish at Burswood Water Sports Centre located at 1 Camfield Drive, Burswood.

**When:** 9.15am Sunday 18 June, 2017.

**Distance:** Last 2.195km of your marathon.

**Eligibility:** All school age children are encouraged to participate. The maximum age is 18.

**Entry:** One entry per entrant, to be completed by the parent.

**Fee:** \$30

**Entries close:** Friday, 19 May, 2017.

**No refunds:** Entry fees are non refundable and entries are non transferable.

**Race Pack Collection:** Available for collection at Burswood Water Sports Centre between 12-5pm on Saturday 17 June and on race morning from 7am. Your race pack will include a bib number which must be worn on race day and your free participants' t-shirt.

**Rewards:** All finishers will receive a medal and a finisher's certificate. All participants must complete their race on race day to receive their medal. Make up distances and/or alternate race dates will not be recognised.

**Post race:** After the completion of the marathon, participants will be served breakfast at the finish line while they await the arrival of the first finishers in the Perth Marathon.

**Souvenir photographs:** Marathon Photos will attempt to capture every finisher in the Kids Marathon at the finish line. These photographs will be available on the website [www.marathon-photos.com](http://www.marathon-photos.com) shortly after the event.



### Additional Information

All school age children are encouraged to participate. The maximum age is 18. All finishers will receive a medal and a finisher's certificate. All participants must complete their race on race day to receive their medal. Make up distances and/or alternate race dates will not be recognised.

### Event Manager

WEST AUSTRALIAN MARATHON CLUB  
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## ENTRIES CLOSE FRIDAY 19 MAY 2017

The early closure is designed to have entrants make the commitment to participate and complete the 40km within a comfortable period of time without having to cram the 40 km into an unrealistic short time.