

# 2017 WAMC Kids Marathon

Dear Teachers, Parents & Guardians

The Kids Marathon has been created to promote exercise, wellness and healthy lifestyles for kids and their families through a variety of unique training programs and events.

As you may be aware, children's fitness has been much in the news lately, as health expert's voice concern about rising childhood obesity and inactive lifestyles. That's why we think it's important to teach students that being active can be enjoyable.

The **Kids Marathon** is a unique format that allows children kindergarten through high school to run a marathon...one kilometer at a time. This goal is for each child to complete 40 kilometers before race weekend.

As a culmination to this program, the children will be participating in the **Kids Marathon being held at Burswood Water Sports Centre** on Sunday 18<sup>th</sup> June 2017. It will be a fun day of activities and recognition.

Every child leaves the event feeling like a winner and sporting a finisher's medal. We do not award prizes to the fastest children overall nor is the event timed, but rather reward and knowledge each and every child that comes out and participants.

The goal of the Kids Marathon is to give participants the opportunity to increase their level of physical activity while focusing on reaching a goal. We hope to motivate children and their families to commit to a healthy lifestyle and develop a daily fitness routine, which will ultimately give the child and their family the positive effects of better health and self-confidence through achieving goals, not only in crossing the finish line but in life. Crossing the finish line is only the beginning of a lifetime of positive steps!

If your children is interested in participating in this event please complete the entry form via our website [www.wamc.org.au](http://www.wamc.org.au) and clicking "All Events" you will need to enter each participant. The cost of the Kids Marathon is \$30, all proceeds go to Canteen. All entrants receive a Kids Marathon T-Shirt, Finisher's Medal and Breakfast on the day. Be sure to enter the name of your child's school to be in the running for the "Biggest Group" perpetual trophy.

Enquiries may be directed to the WAMC office, via email to [wamc@wamc.org.au](mailto:wamc@wamc.org.au).

Happy Running!