



## **Middlebrook will again be participating in Rod Dixon's Kid's Marathon Program, with the Final Mile on Sunday, May 20 at THS!**

All Middlebrook students can participate in the event by logging miles running or walking during school at recess each day. Classes will begin recess by walking a .5 mile loop together and students may choose to run or walk the recess field on their own during recess. 5 laps = 1 mile. Students may also complete additional miles at home.

Students 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 at the Final Mile event on Sunday, May 20, 2018 at Trumbull High School's track!

Students will be given four Paw Trackers to get their recording started. Additional mile logging sheets will be available from classroom teachers or the main office. These logs can be turned in weekly to the PTA. They will be recorded as they are submitted.

To culminate and celebrate this activity, Middlebrook will celebrate with the other elementary schools to walk/run the last 1.2 miles together on May 20. Save the Date now as you won't want to miss this fun event! All students who register will be awarded a medal and a T-shirt!

### **To participate in this event, do the following:**

- **Email Student Name and T-shirt size to Kelly Mallozzi ([kellyquinn1969@yahoo.com](mailto:kellyquinn1969@yahoo.com)) by April 25!**
- **Complete** and sign the attached **Athlete Entry Form** from CT Association of Schools
- **Complete** the attached **bottom half of the KiDSMARATHON Final Mile form** (keep top half for your information)
- **Send the forms and a \$12 entry fee** (cash or checks made payable to Middlebrook PTA) in an envelope in your child's backpack to: Kelly Mallozzi, KiDSMARATHON, PTA by Monday, April 30th.

**DEADLINE to ensure your student gets a T-shirt: APRIL 25th**  
**(REGISTRATIONS AFTER APRIL 25, CANNOT BE GUARANTEED A T-SHIRT!)**

**\*\* There is NO "day of" registration. Only pre-registered students may attend\*\***

**Additional questions, contact: Kelly Mallozzi – [kellyquinn1969@yahoo.com](mailto:kellyquinn1969@yahoo.com)**

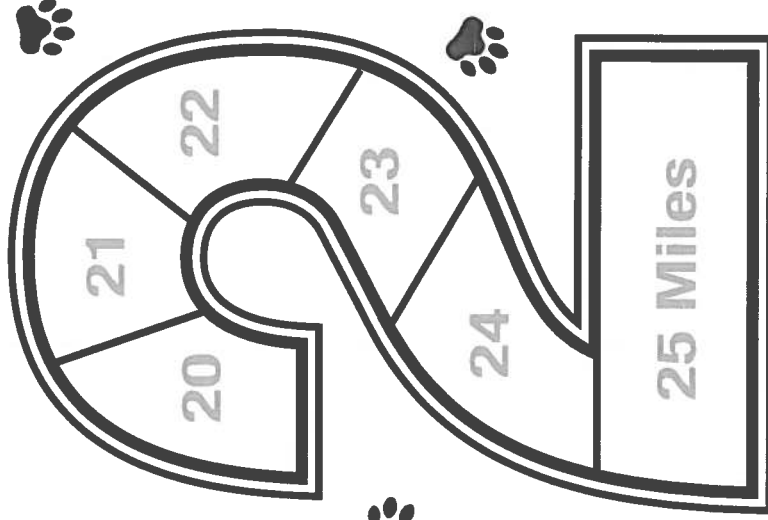
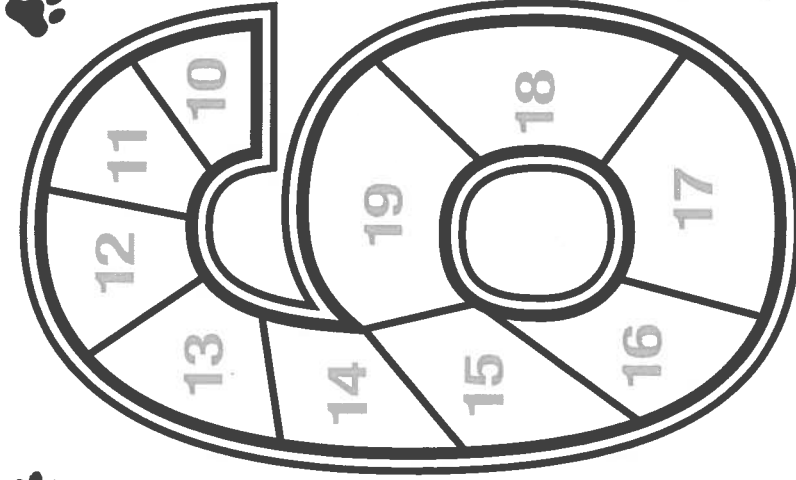
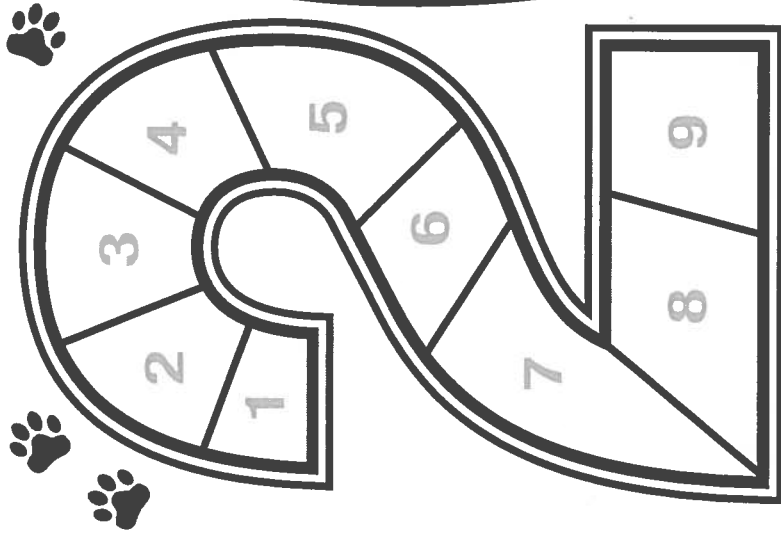
For more info, go to <http://kidsmarathon-ct.org>

This program is offered by The Connecticut Association of Schools and Founded by Rod Dixon. New Zealand's Rod Dixon is a 1972 Olympic Medalist in the 1500 meter race and the winner of the 1983 NYC Marathon.



# Middlebrook Elementary KIDSMARATHON

Keep track of your miles using this Tracker and bring with you the day of the Final Mile.



Run your last 1.2 miles during the Final Mile at Trumbull High School

Name \_\_\_\_\_



For up to eight weeks, beginning in March, 2018, Connecticut elementary students (ages 7 to 12) will train using the KIDSMARATHON Training Guide, mentored by their parents/guardian. This program is designed by Rod Dixon, Olympic Medalist and winner of the 1983 New York City Marathon, endorsed by Carol Goodrow, author of the books *Kids Running*, *Happy Feet Healthy Food*, and *The Treasure of Health and Happiness*. Connecticut Association of Schools supports the program. Each kid will work to accumulate 25.2 miles before the days of the celebrations to be held at Cheshire High School, New Fairfield High School, Glastonbury High School, E.O. Smith High School in Storrs, Torrington High School, Trumbull High School, Library Park in Waterbury, and East Lyme High School, where the program is completed in grand fashion as each kid is able to finish the final mile of the marathon distance in front of the hundreds of cheering fans! Each student who finishes the KIDSMARATHON Program will receive an official KIDSMARATHON PIONEER Medal and attend a race-day celebration event. They will also have taken a GREAT step toward a lifetime of fitness and healthy living!

Any school that has further questions regarding this event may  
Contact Dave Maloney or Anna Flores at 203-250-1111

Entry Fee:      \$7.00 per student      Includes medal and handouts  
                      \$12.00 per student      Includes medal, handouts, and t-shirt

- Please submit payment to your child's school
- The School will then make **one payment in full** to the Connecticut Association of Schools

**ATHLETE ENTRY FORM:** *Please fill out all information completely*

**PHONE NUMBER IN CASE OF EMERGENCY ON RACE DAY** \_\_\_\_\_

|                   |                    |                        |   |               |
|-------------------|--------------------|------------------------|---|---------------|
| _____             | _____              | _____                  | _____   | _____         |
| Student Last Name | Student First Name | Gender                 | Age   | Date of Birth |
| _____             |                    | _____                  |   |               |
| Mailing Address   |                    | School Name, City/Town |   |               |
| _____             |                    | _____                  |   |               |
| Email Address     |                    | Home Phone             | Indicate Shirt Size: Youth<br>Medium; Adult S, M, L, XL |               |

**RELEASE FORM:** *Both Signature and Medical Release Lines Below MUST be signed*

In consideration of acceptance of this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, release and discharge the Connecticut Association of Schools, Cheshire, New Fairfield, Glastonbury, Region 19, South Windsor, Trumbull, Torrington, Waterford, Waterbury Public Schools, Waterbury Parks and Rec., Rod Dixon, KIDSMARATHON, the towns of Cheshire, Danbury, Glastonbury, the Region 19 District, South Windsor, Torrington, Trumbull, East Lyme, Waterbury, and all other sponsoring or co-sponsoring companies or individuals associated with this health fitness program (collectively "releases") from all claims, damages, rights of actions, present or future, whether the same to be known, anticipated or unanticipated, resulting from or arising out of, or incident to my agreement to participate in this program. The undersigned parent or guardian hereby elects to have his/her issue (athlete/participant) voluntarily participate in the KIDSMARATHON program with CAS and is aware of the risks and hazards, including without limitation, weather conditions such as heat and/or high humidity, traffic, and surface conditions. The undersigned further agrees to the use of the athlete/participant's name and photograph in broadcasts, newspapers, brochures, and other media without compensation. The undersigned acknowledges that the entry fee is non-refundable and non-transferrable.

I certify that the athlete/participant is physically fit and that his/her physical condition has been verified by a medical doctor, and that he/she will be sufficiently mentored and guided while participating in the KIDSMARATHON Program.

\_\_\_\_\_  
 SIGNATURE OF PARENT OR GUARDIAN

\_\_\_\_\_  
 MEDICAL RELEASE\*

\*Parent/Guardian Permission for Medical Treatment

**KiDSMARATHON Final Mile Info and Tips**  
**Trumbull High School – Sunday, May 20, 2018**  
**9:30 AM – 12:00 PM**

1. Eat a good breakfast. Bring a water bottle labeled with your name. Bring a canned good for a donation to the Trumbull Food Pantry.
2. Check-in is from 9:30–9:55 at Trumbull High School Track. USE STROBEL RD ENTRANCE.
3. Wear proper running shoes, socks, and warm clothes! **Wear a Middlebrook T-shirt!**
4. **Meet at the Middlebrook banner. Parents go to the spectator stands.**
5. Everyone cheers on the runners – students from the infield, **parents from the stands.**
6. Marathoners will receive medal and t-shirt at the conclusion of the event at the MB banner.
7. Directions / Inclement weather /postponement info – log onto [www.casciac.org](http://www.casciac.org)

**9:30 AM      Meet at the Middlebrook Banner**

**10:00 AM      National Anthem**

**10:10 AM      Introduction and Welcome by Rod Dixon, Founder/Olympian  
and Cathleen Kosak, Coordinator**

**10:15 AM      Parade Of Schools**

**10:25 AM      Warm-up – Led by Trumbull High School Track Team**

**10:30 AM      Complete the final mile of the KiDSMARATHON**

**12:00 PM      Awards**

(keep the above information)

-----  
Child's Name \_\_\_\_\_

Child's Grade / Teacher \_\_\_\_\_

Parent's Email \_\_\_\_\_

\_\_\_\_\_ Yes! We will attend the Final Mile on May 20 (a signed waiver from CAS, KiDSMARATHON must be sent to school, ATTN: Kelly Mallozzi) (This is NOT a drop-off event, students must attend with an adult.)

\_\_\_\_\_ No, we can't make the Final Mile. Please pass along the medal and T-shirt via school.

T-Shirt Size (please circle): / Youth Medium / Youth Large / Adult Small / Adult Medium

- **Email** the above info (Child's name, Teacher, and T-shirt size) to Kelly Mallozzi ([kellyquinn1969@yahoo.com](mailto:kellyquinn1969@yahoo.com)) **by April 25!**
- **Complete** and sign the attached **Athlete Entry Form** from CT Association of Schools
- **Complete** the attached **bottom half of the KiDSMARATHON Final Mile form** (keep top half for your information)
- **Send the forms and a \$12 entry fee** (cash or checks made payable to Middlebrook PTA) in an envelope in your child's backpack to: Kelly Mallozzi KiDSMARATHON, PTA *by Monday, April 30th.*

***DEADLINE for email to ensure your student gets a T-shirt: APRIL 25th***  
***(REGISTRATIONS AFTER APRIL 25, CANNOT BE GUARANTEED A T-SHIRT!)***

**Additional questions, contact: Kelly Mallozzi – [kellyquin1969@yahoo.com](mailto:kellyquin1969@yahoo.com)**