

# 2024 Kids Run the OC

New School Presentation



# Agenda

- **Video**
- **Introductions**
  - Name
  - School
  - How did you learn about the program?
  - What questions or concerns do you have prior to beginning?
- **About The Program**
- **How it Works!**
- **Kids Run Event Day**
- **Best Practices**
- **Recruiting Kids**
- **Resources**
- **Questions**



# About the Program

- **10 -12 week marathon training program to help kids:**
  - Improve physical fitness
  - Promote active/healthy lifestyle
  - Combat childhood obesity
  - Engage in fun activities
- Coaches and parent volunteers lead the kids through various games, while accumulating **25.2 miles** towards their “**marathon.**”
  - Kids will run the final mile at the KROC Event on May 6, 2023.
  - Incorporate **healthy eating habits** through online nutritional challenges.
  - **OC Marathon Foundation provides all training and program materials** for coaches at no charge to the school/coaches.
- Practices can take place in any frequency, and can be decided upon based on the schedules of the coaches and/or students. **Usually practices take place 2x/week before or after school, and are usually 30-45 minutes long.**



# About the Program:

## Curriculum Examples

<https://kidsruntheoc.org/coaches-corner/>

### Virtual Activities

#### KIDS THE OC COUNT, COLOR & PLAY

Get a timer and do as many of the exercise below for 3 minutes. Write down the number of the repetitions you did, and color one caricature per 5 repetitions to catch your breath between exercises.

No. of Reps.	Illustration	Activity Name
		Jumping Jacks
		Crunches
		Jumping Rope
		Squats
		Side Lunges

#### CHALLENGE WEEK 2, DAY 1

Any this week to not eat foods: chips, Doritos, or Cheetos. Instead, try baked pretzels or carrot crunchy snack.



#### QUESTION:

What was your favorite replacement for fried foods?

### KROC Activity Cards

#### Schedule of Activities and Glossary

Day 1					Day 2				
Week	Activity #	Activity #	Activity #	Activity #	Week	Activity #	Activity #	Activity #	Activity #
1	1	Dodge & Run	Dodge & Run	Build-a-Run	1	2	ARMY Run	ARMY Run	ARMY Run
2	3	Simon Says	Face and Stomach	Face and Stomach	2	4	Animal Tag	Animal Tag	Zombie Tag
3	5	Follow the Leader	Follow the Leader	Follow the Leader	3	6	Leapin' Lizards	Leapin' Lizards	Leapin' Lizards
4	7	Frog Hops	Frog Hops	Monster Hops	4	8	Kid's Station	Kid's Station	Kid's Station
5	9	Wacky Run	Wacky Run	Speed Races	5	10	Ladder Leader (or Mile Timed Run)	Ladder Leader (or Mile Timed Run)	Mile Timed Run
6	11	High Fives	High Fives	High Fives	6	12	Kid's Tag	Kid's Tag	Kid's Tag
7	13	Blah-Tag	Blah-Tag	Blah-Tag	7	14	Mini Relay	Mini Relay	Mini Relay
8	15	Kid's Relay	Kid's Relay	Kid's Relay	8	16	Kid's Challenge	Kid's Challenge	Kid's Challenge
9	17	Home Tails	Home Tails	Home Tails	9	18	Tip 'em All	Tip 'em All	Tip 'em All
10	19	Jumping Jack Shuffle	Jumping Jack Shuffle	CartUp/Shuffle	10	20	Leaping Ladders (or Leap Mile and Event Day Talk)	Leaping Ladders (or Leap Mile and Event Day Talk)	Leaping Ladders (or Leap Mile and Event Day Talk)

Inspire kids to fitness.



### Nutrition Challenges

#### Nutrition Challenge: Week 2, Day 4

Pick one day this week to not eat any fried chips.

- No potato chips, Doritos, or Cheetos. Instead, try baked pretzels or carrot sticks for crunchy snack.
- Most Chips are LOADED with salt, LOADED with preservatives, HIGHLY processed.
- The more processed something is, the less "good" it is for you. Chips, hot dogs, boxed foods... are all among the worst stuff you can eat for fat to run your body.

EMET NUTRITION GOAL FOR WEEK 2!

Student Signatures \_\_\_\_\_ Parent Signatures \_\_\_\_\_

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YOU. EMPOWERED BY HOAG.

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KIDS RUN THE OC!

MAY 4, 2024

# About the Program:

## Practice Examples

<https://kidsrunthec.org/coaches-corner/>

One practice usually counts for roughly 2-2.5 miles, so you won't have to track and record mileage and instead can focus on having fun!

### K-2 Dodge and Run

Grades	Week	Day	Activity
K-2	1	1	1

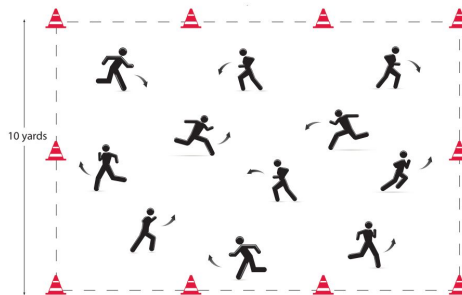
<b>Equipment Set-up</b>	10 cones Set up in 10 x 15 yd. rectangular Activity Zone.
<b>Warm-up (5 min)</b>	Walk the ends and jog the length—3 times around outside of cones. Teach "pacing" concept.
<b>MVPA How To Play (15 min)</b>	<ol style="list-style-type: none"><li>1. Scatter kids randomly inside 10 x 15 yd. rectangular Activity Zone.</li><li>2. On "Go" kids walk in random directions inside Activity Zone moving quickly—safely dodging one another, while looking for open spaces.</li><li>3. On whistle signal "freeze" and command change movement (e.g. jog, run, hop, skip, like-a-bear) and /or direction (e.g. sideways, backward).</li><li>4. Ask kids show they can move safely, change to faster pace (jogging, running).</li></ol>
<b>Coaching Tip</b>	Remind kids to dodge each other without touching. Reward following directions, moving safely—under control.
<b>Nutrition Challenge (5 min)</b>	Drink at least 2—16oz. bottles of water each day this week. Drink 1 during school and 1 after practice.
<b>Wind Down</b>	<ul style="list-style-type: none"><li>• Define flexibility. Demonstrate proper 10 sec. stretching technique at Stretch Stations #1-5.</li><li>• Sit group. Ask kids what they liked. Share what went well. Assign any homework.</li><li>• Prepare kids for next practice session: day, time, location.</li></ul>

Inspire kids to fitness.

KIDS

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Grades	Week	Day	Activity
K-2	1	1	1



YOU.  
EMPOWERED  
BY HOAG.

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KIDS  
RUN  
THE OC!

MAY 4, 2024

# About the Program

- **Program Costs**
  - **FREE** to schools
  - Final Mile Event is \$29.00 per registered child
    - Scholarships are available
    - (minimum parent contribution \$15.00)
- **School Fundraising Opportunities**
  - Online Registration - \$5.00 of every online entry will be refunded back to your school after a 30 participant threshold is met.
- **Kids Receive**
  - T-shirt
  - Marathon Medal and Timed Mile



# How it works!

**STEP ONE:** Get approval from your school principal

**STEP TWO:** Let the OC Marathon know you are IN!

- We will send an email for you to confirm your participation.

**STEP THREE:** Attend one mandatory Coach's Program Training

- Only one coach is required to attend.
- Training materials provided as well as suggested curriculum activities.
- You only have to attend one of these trainings.
  - December 2, 2023 | Training #1 | 8:30 to 11:00 AM
  - January 6, 2024 | Training #2 | 8:30 to 11:00 AM
  - January 13, 2024 | Training #3 | 8:30 to 11:00 AM
  - January 27, 2024 | Training #4 | 8:30 to 11:00 AM





# How it works!

**STEP FOUR:** Develop + Start YOUR 10-12 Week Program (February, 2024)

**STEP FIVE:** Have kids register at [www.kidsruntheoc.org](http://www.kidsruntheoc.org)

- Online Registration Closes: Midnight on March 1, 2024

**STEP SIX:** Check and approve your online roster for bibs to be printed.

- Roster corrections due to OC Marathon: March 15, 2024

**STEP SEVEN:** Attend Event Day Training

- Saturday April 20, 2024

**STEP EIGHT:** Run the Race on SATURDAY May 4, 2024!





# Kids Run Event Day

- Kids Run the OC Event: **Saturday, May 4, 2024** at the OC Fair & Event Center

*(Tentative -- Times below subject to change)*

- 8:00am: 1<sup>st</sup> Open Heat (ages 9+)
- 8:30am: 2<sup>nd</sup> Open Heat (ages 8 and under)
- 9:00am: 11 & Up
- 9:30am: 10 year olds
- 10:00am: 9 year olds
- 10:30am: 8 year olds
- 11:00am: 7 year olds
- 11:30am: 6 & Under
- 12 noon: Event Concludes



# Fall Program Opportunities

- **6 week program** beginning in the Fall
- **13.1 mile program** culminating at Run for A Claus
  - **Event Date:** December 16, 2023
  - **Event Location:** UC Irvine
- **Mandatory Coach Training**
  - Contact [adrienne@ocmarathon.com](mailto:adrienne@ocmarathon.com) to set this up for your school
- Schools **can** participate in this race as a group without completing the program if interested
- **More information** at <https://runforaclaus.com/>



# Best Practices

- **Principal, Teacher, and Parent Volunteer Combination**
  - Principals offer a great support system and can assist with finding passionate volunteers
  - Teachers and parents can aid in recruiting kids, checking in, and other administrative tasks
  - **Type of volunteers that may be needed (they do not have to be runners!)**
    - Sign In/Sign Out Volunteer
    - Photographer
    - Roster Management/Admin Volunteer
- **Mandatory Volunteer Parent Meeting**
  - Parents do not need to attend a coach training, this meeting is where they are trained on how to help by volunteering
- **The program is open to kids from grades K-8**
  - **Find the right Kid/Volunteer Ratio**
    - 20-25 kids per one volunteer coach for grades 3-8
    - 15 kids or less per volunteer coach for K-2.



# Recruiting Kids

- Send flyers along with brief description of important dates, volunteer opportunities and event home to parents.
- Kids Run the OC Posters/Flyers
  - Pick up registration posters at OC Marathon Foundation offices.
  - Hang posters around the school.
- Include information in school newsletter or email, teachers' classroom, weekly note sheets or emails.
- 15-20 minute practice at lunch time/before school.
- 5 minute visit to classrooms to hand out flyers.



# Resources

- Kids Run the OC website [www.kidsruntheoc.org](http://www.kidsruntheoc.org)
  - Videos, Handouts, PowerPoints, etc.
- List of Key Dates
- Training Program Documents
- Follow us on Instagram for updates [@kidsruntheoc](https://www.instagram.com/kidsruntheoc)

- **Contact Us**

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# QUESTIONS?

