

Kids on the Run and Kids Marathon

A Non-competitive Running Event for Children & Young People 17 and under

- 7:30-8:30 am Packet pick-up and late Registration
- 8:10 am Pre-race warm up
- 8:30 am 100 meter Toddler Trot ages 4 year old and under
Award - Runner's Ribbon
- 8:40 am ½ Mile Run, ages 17 & under
Award - Runner's Ribbon
- 8:55 am 1 Mile Run, ages 17 & under
Award - Runner's Medal
- 9:10 am 2 km Run ages 17 & under
Marathon Award-Runner's Medal

Kids Marathon Awards Ceremony Immediately After the Last Running Event - Marathon Medals, Special Awards, and Certificates

Refreshments after all the Runs!

Important Information

The times listed above are approximate. The number of heats will depend on the number of participants. Arrive 30 minutes early, to find a parking place, warm up, and get to the race start.

Kids on the Run will be held rain or shine. Dress in layers, to remove or add clothing according to the weather conditions.

Have fun but be safe! Always be aware of other runners and of cars in the parking lots.

Kids on the Run is a fundraiser for the Dolores Swoyer Send-A-Kid-to-Camp Scholarship Fund.

Parents, help your kids prepare for Kids on the Run by running with them.



Saturday, May 11, 2019

**Bohrer Park - Just off Route 355
Gaithersburg, MD**

www.mcrrc.org

Number Pick Up and Late Registration at Bohrer Park:

Friday, May 4, 3:00 pm - 5:00 pm
Saturday 7:30-8:30 am (Race Day)

First Race 8:30

Races: 100 meter Toddler Trot (ages 4 & under), ½ mile, 1 mile, and 2 km - the finale of the Kids Marathon for kids 17 and under

Awards: Ribbons, Medals, and Certificates

For more information, to volunteer, or for more race information, visit our website at <https://www.mcrrc.org>.

Please register on the race website: <https://www.mcrrckidsontherun.org/>

To Enter the Kids Marathon For Kids on the Run

Run one mile each day on any 25 days between now and May 5th. Have your parents record the date and their initials each time that you run one mile. You can find a training log on the KOTR website. Then bring your completed log with you when you pick up your race number.. At Kids on the Run, run the 2 km (1.2 miles) to complete the Kids Marathon, for a total of 26.2 miles. Get your Kids Marathon Finisher medal, special award, and certificate at the Awards Ceremony after your run!

