

# **Oklahoma City Memorial Kids' Marathon – Building Character is a Marathon, Not a Sprint!**

## **What is the OKC Memorial Kids' Marathon?**

- ❖ On April 19, 1995 a terrible tragedy happened in Oklahoma when the Alfred P. Murrah Federal Building was bombed and so many lives were lost. This is an important part of Oklahoma history that teaches hope in the face of tragedy and the power of a community working together.
- ❖ In memory of those lives lost and in honor of the heroes who emerged, as well as our stand for tolerance and against violence, Jefferson will participate in the 7<sup>th</sup> Annual OKC Memorial Kids' Marathon. This event as a whole consists of a marathon, half marathon, 5K fun run/walk, and the Kids' Marathon.
- ❖ The kids log 25 miles that they have run or walked starting now until the day of the run. The last 1.2 miles will be run at the Marathon. When the students have finished this event, they will have run the entire distance of an adult marathon! What an accomplishment!
- ❖ The cost to participate is **\$5 per child**. The money goes to support the Oklahoma City National Memorial in its efforts to educate against violence. Financial assistance is available if necessary and can be arranged confidentially through Mrs. Bandi. Please do not let the entry fee keep your child from participating in this special event.

## **What is a week of hope?**

Each day in a week of hope (the week leading up to the Memorial Marathon) is dedicated to a different theme including: Day of Understanding, Day of Remembrance, Day of Inspiration, Day of Sharing, Day of Tolerance, Day of Caring.

## **Where does the Kids' Marathon take place?**

- ❖ The Kids' Marathon course begins at the "9:01am" area of the Oklahoma City National Memorial in downtown Oklahoma City located at 620 North Harvey Avenue, Oklahoma City, OK 73102.

## **When is the Kids' Marathon?**

- ❖ **Sunday, April 29<sup>h</sup>, 2007**. Participants need to be at the starting line no later than 7:45AM.
- ❖ Jefferson students will be leaving from Jefferson on the morning of the race. Transportation will be provided from Jefferson to the race and back if needed, otherwise, parents can caravan. More information on transportation will be provided at a later date. If parents are not going with their child, they are responsible for getting their child to Jefferson and picking them back up at Jefferson.

## **Why is Jefferson participating in the OKC Memorial Kids' Marathon?**

- ❖ We want our children to begin to engage in habits that lead to a healthy lifestyle. Walking and running the distance of a marathon is a good way for kids to learn to make a goal and commit to seeing it through in order to have a healthier mind and body.
- ❖ Building character is a race not a sprint and we want our children to learn the importance of building a strong character through their own positive choices. Throughout our school's participation in the Kids' Marathon, we will be

encouraging students to make good choices in their interactions with others, as well as realize how their actions can affect others in positive ways.

- ❖ The school with the highest percentage of participation receives \$500 dollars toward their PE department and an amazing traveling trophy!
- ❖ Students receive a commemorative T-shirt and a finisher's medal to be proud of!

### **How will Jefferson participate?**

- ❖ Our Kickoff Assembly will be **Friday, February, \_\_, 2007**. Please come join us!
- ❖ Jefferson students have the option of training for the Kids' Marathon by logging miles and completing their marathon on April 29<sup>th</sup>. Registration forms are provided and must be turned into Mrs. Bandi by \_\_\_\_\_. Logging miles can start anytime! Registration can also be done online, but please let Mrs. Bandi know that you have registered online and be sure to designate that you are participating with Jefferson.
- ❖ Teachers will be using the lessons of hope from the bombing to teach tolerance, understanding, respect, and empowerment in the classroom. For more information on what your child will be doing in their classroom, please consult your child's classroom teacher. All material will be age-appropriate and vary by grade and teacher.
- ❖ Percentage of school participation will be displayed in the gym.
- ❖ Our media specialist will provide a selection of books on the National Week of Hope themes, as well as on character building that will be available in the library for checkout and family reading.
- ❖ Our P.E. teacher will teach about proper training, nutrition, and maintaining a healthy body.

### **The Character Course:**

A replica of a marathon course will be set up in the Jefferson gym. Each mile marker on the 26.1 mile course will be marked with a list of names of Jefferson students who have completed that many miles in their training. These lists will be updated weekly so that students can monitor their progress in achieving their goal.

Also along the Character Course will be reminders of our character building goals. We will be "Dragons On The Move Toward" being our very best! Space will be provided on the Character Course for students to put sticky note messages up about when they have noticed Dragons demonstrating one of our character building traits.

Each week at Good Morning Dragons, Mrs. Bandi will announce how many miles each student has towards their 25 mile goal. Also, one student who has put a sticky note message on the Character Course will be chosen to share that message aloud on stage.

### **Logging Miles:**

#### **When and where can my child log miles?**

- ❖ Outside of school at soccer practice, walking the neighborhood with parents, etc.
- ❖ At school at recess
- ❖ At Walking Club
- ❖ In PE at school

#### **How does my child account for their miles logged?**

- ❖ Each child will have an OKC Memorial Kids' Marathon running log. Each time they do a ¼ mile, ½ mile, or a full mile, they document it on their log and have an adult sign off on it until they get to 25 miles! **Students are responsible for**

- their logs and getting them signed!** There will be a due date to turn in the logs to Mrs. Bandi before the marathon.
- ❖ In addition to the log, students will turn in a **Weekly Mileage Update** to their teachers every **Friday**. The teachers will turn them in to Mrs. Bandi and Mrs. Bandi will update the mileage on the Character Course. Weekly Mileage Update forms will be available in each teacher's classroom. This is an opportunity for the kids to update Mrs. Bandi on how many miles they have done outside of school that week and how many miles they have total on their running log.
  - ❖ Each **Tuesday**, your child will receive an **Add It Up** sheet from Mrs. Bandi. This will tell them how many miles they have logged in P.E. and Walking Club that week. The kids are responsible for adding those miles to their running logs and to their totals on their next Weekly Mileage Update.

### **How can my family participate?**

- ❖ Parents can log miles with their own log sheet and do the last 1.2 miles with their child on April 29<sup>th</sup>. There is no registration fee for this, however, it is asked that parents do not partake in the food at the finish line because only enough is ordered for the kids who are registered. Also, parents do not get a medal or T-shirt if participating in the Kids' Marathon, but you do get the joy of watching your kids experience something truly special. If you are just walking with your child, and not paying, please let Mrs. Bandi know so you can be recognized at assembly. Parents are welcome to fill out their own registration form, pay the Kids' Marathon entry fee and receive their t-shirt, medal, race packet, and finish line food. Parent participation does not count toward the prize money and trophy, but is certainly encouraged. Please follow the same participation procedure as the kids do if you are registering!
- ❖ Talk to your children about good decision- making, tolerance, understanding, and respect in their daily lives.
- ❖ Join your kids at Walking Club to log miles.
- ❖ Go on weekend walks with your family to log miles.
- ❖ Walk/run miles at the soccer field while your child is at soccer practice.
- ❖ Set a good example of setting goals for physical fitness and character building and achieving them!

**Thank you for your commitment to our goal of helping Jefferson Dragons have strong minds, bodies, and souls!**

**If you have any questions, please feel free to contact me at Jefferson, or by email at \_\_\_\_\_.**

**Sincerely,  
Shanda Bandi  
Oklahoma City Memorial Kids' Marathon**

