

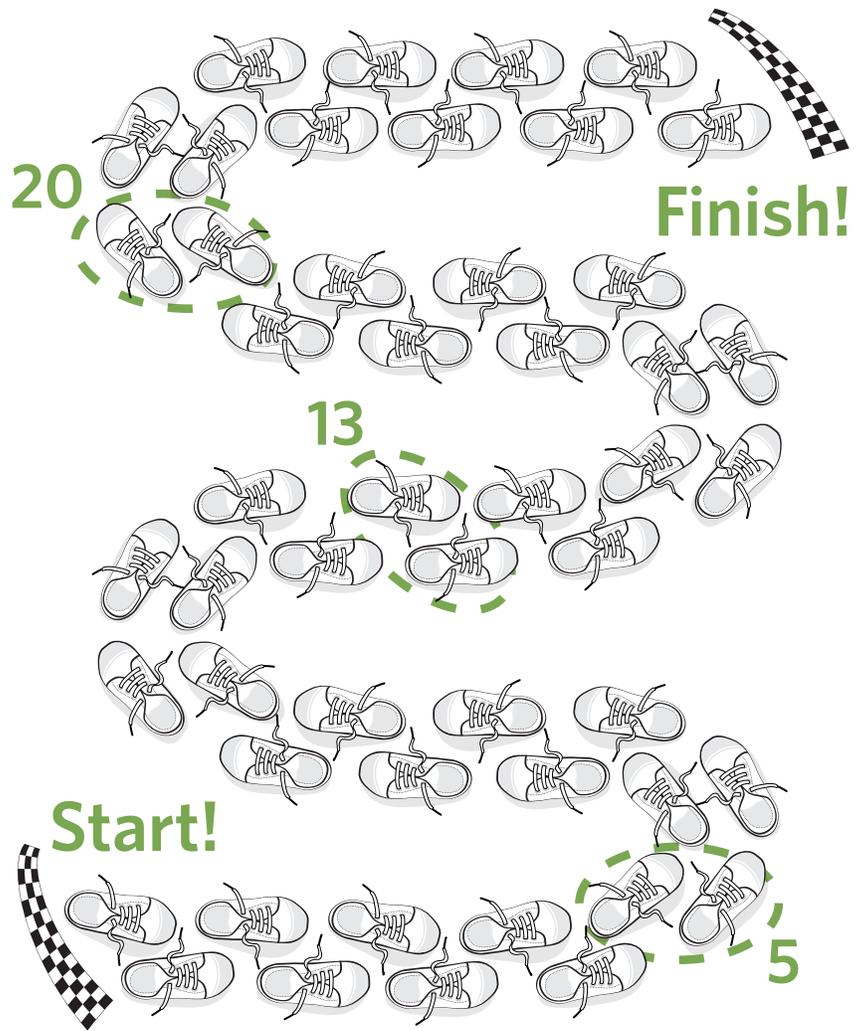
# Grand Rapids Kids Marathon

Saturday, October 19, 2019, 1:30 p.m. at David D. Hunting YMCA

## 25-Mile Training Log

Register at [grandrapidsmarathon.com/kidsmarathon](http://grandrapidsmarathon.com/kidsmarathon). Use this mileage sheet to track your progress by coloring in a shoe for every half mile you run or every 15 minutes of physical activity.

When you complete miles 5, 13 and 20, head over to Gazelle Sports with your log sheet to receive a special prize!



\* Each shoe represents a half mile.

Name: \_\_\_\_\_ Start Date: \_\_\_\_\_ Finish Date: \_\_\_\_\_



## Frequently Asked Questions and Answers

### 1. What is the cost to register?

There is no charge for this event. It is FREE!

### 2. What is the training program?

Run in half-mile or one-mile increments, three times a week beginning with the week of the Kick-Off Run (week of August 5) through the week of the race.

### 3. How do I register?

Go to [grandrapidsmarathon.com/kidsmarathon](http://grandrapidsmarathon.com/kidsmarathon).

### 4. Where do I find the log sheet?

The log sheet is located on the Helen DeVos Children's Hospital Grand Rapids Kids Marathon page.

### 5. When should I start my training program?

You can start anytime or use the Kick-Off Run (week of August 5) as your first mile.

### 6. Can I use miles run in other sports to count towards my 26.2 miles?

Yes, you can use other sports such as soccer, baseball, basketball, dance, or any aerobic sport (a sport that gets your heart pumping). Have a parent/coach help you judge how many miles you ran.

### 7. How do I earn the incentive prizes?

Follow the log sheet. Once you achieve 5 miles, 13 miles and 20 miles, take your log sheet into Gazelle Sports for your prize. If you are unable to make it into Gazelle Sports, the incentive prizes will also be at packet pick-up on race day.

### 8. What are the ages of the children participating in the Helen DeVos Children's Hospital Grand Rapids Kids Marathon?

We have children as young as two (usually running next to their parent pushing a stroller) and as old as 12. All ages are welcome to participate. Runners older than 12 are encouraged to participate in the Run Thru the Rapids 5K and 10K held the same morning as the Helen DeVos Children's Hospital Grand Rapids Kids Marathon.

### 9. Will I receive a medal?

Yes, medals will be handed out to all finishers once you cross the finish line.

### 10. How will I be kept informed of training and race information?

Monthly newsletters are emailed to keep you up-to-date on training and race information.

### 11. Do I have to be registered for the Kids Marathon in order to attend the Kick-Off Run?

No, you may attend the Kick-Off Run and register later.

### 12. Will I receive an event T-shirt?

Yes, your T-shirt will be in your race packet. All runners are encouraged to wear your T-shirt for the race.

### 13. Can I volunteer to help on race day?

Yes, you may sign up to volunteer on the Helen DeVos Children's Hospital Grand Rapids Kids Marathon website.

### 14. When is packet pickup?

Packet pickup begins at noon to 1 p.m. at the north end of the David D. Hunting YMCA (475 Lake Michigan Drive) parking lot adjacent to the race start line.

### 15. Can I come early for packet pickup?

No, packets will not be available until noon.

### 16. Where do I park on race day?

Free parking is available at GVSU Student Parking Garage at the corner of Lake Michigan Drive and Winter Street. Parking will be open from 10 a.m. to 4 p.m. Enter from Lake Michigan Drive.

### 17. What time does the race start?

The race starts at 1:30 p.m.

### 18. Can a parent/guardian run with a race participant on race day?

Yes.

### 19. Can my other children who are not registered for the Kids Marathon run with us on race day?

Yes, this is a family event.

### 20. Will there be water and food on the race course?

There is a water stop around the ½ mile mark. Post-race refreshments are available at the finish line.

### 21. Is the race course closed off to traffic?

The race course is closed except for Bridge Street, where the police are stationed for the safety of the runners.

### 22. Do all runners start at the same time?

No, we stage the runners based on their last name and send them off in groups.

### 23. Can a race participant who is a fast runner start first on race day?

Yes, we encourage the faster runners to start in the first heat.

### 24. What if there are inclement weather conditions?

The race will go on even if it rains. However, safety of the runners comes first. We will cancel the race if there is lightning or other severe weather. If the race is cancelled, we will post a notice on the website at [grandrapidsmarathon.com](http://grandrapidsmarathon.com) by 11 a.m. on race day. Runners may still pick up their race packets and T-shirts on Saturday at the David B. Hunting YMCA.

### 25. What if a race participant does not complete their 25 training miles before race day?

Please participate on race day and complete your training miles on your own.

Visit [GazelleSports.com/retail](http://GazelleSports.com/retail)  
to find your nearest location!

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فيمكنك الحصول على المساعدة اللغوية المتاحة مجانًا. اتصل على الرقم 1.844.359.1607 (TTY: 711).