

Dear Parents,

Over the next five months, your child may choose to be in training for the 2014 Mercedes Kids Marathon. The Mercedes Kids Marathon, presented by the Service Guild of Birmingham is an innovative endurance building running/walking program for K-5th graders. The goal is to assist your child in building endurance, setting and accomplishing long-term fitness goals and enhancing his/her self esteem while teaching them valuable lessons about making health and fitness a regular part of their life.

Your child will need to run the distance of a full marathon (26.2 miles) over the course of the approximately 4 months. To achieve this goal, kids must train for the last mile of their marathon by running a total of 25.2 miles in a 1/4 mile, 1/2 mile, 3/4 mile, or 1 mile increments between now and the end of January to qualify for race day participation. Your child will complete the final mile on the actual marathon course on Saturday, February 15, 2014.

The O.M.I.S. physical education department will not be documenting the mileage that is needed (25.2) for each individual student. We will provide your student with a log sheet and ask that you turn that log sheet in by January 24, 2014 to the O.M.I.S. physical education department so that we may turn in an official log sheet for the school.

You will be responsible for entering your child in the Mercedes Kids Marathon. This year to be more environmentally friendly, we ask that you go to [www.mercedesmarathon.com](http://www.mercedesmarathon.com) and register online. Please keep a copy of the receipt and look for an email confirmation from Mercedes Marathon. We will be responsible for picking up the race packets and distributing these materials to your child before the race date.

**REMEMBER:**

Registration online: [www.mercedesmarathon.com](http://www.mercedesmarathon.com)

Deadline: November 15, 2013

Log sheet: Due to O.M.I.S. P.E. Department on or before January 24, 2014.

If you have any question or would like additional assistance or information, please do not hesitate to contact us at the school: 682-5220 or the marathon office at 870-7771 or [kids@mercedesmarathon.com](mailto:kids@mercedesmarathon.com)

Thanks,

Cathie Simpkins Mike Goodwin

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