



MISSISSAUGA

MARATHON.COM

2017 MaraFun Program



6 WEEKS - 42.2 KM

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2017 MaraFun Program

The 2017 Mississauga Marathon MaraFun Program is a unique program that allows all students to reap the benefits of physical activity. Students will run/walk 40 KM over a six week period. The final 2 KM will be completed on Sunday, May 7th during the final 2 KM of the Mississauga Marathon.

Over the last nine years, schools have embraced this event as a catalyst to promote winter and spring fitness and fuel school spirit for all students.

In 2017, the Mississauga Marathon will continue to offer initiatives to make participation easier and the benefits more tangible for teachers, parents, and the participating schools.

- Teachers are able to print, hand out and collect registration forms and fees, plus, register up to 100 participants at a time online using the school name.
- All schools registering a large group of students in the MaraFun program will have their race kits and T-shirts pre-packed to speed up the pick up process at the Runner's Expo.
- Please have a representative from your school pick up the pre-packaged race kits at the Runner's Expo to avoid confusion.
- The Runner's Expo will take place at the Port Credit Memorial Arena (40 Stavebank Road North, Mississauga) on Friday, May 5th from 11:00 AM to 8:00 PM and on Saturday, May 6th from 10:00 AM to 5:00 PM. **Race kits will not be available for pick up after 5:00 PM on Saturday!**
- All schools are encouraged to participate in the MaraFun Program and can raise money for their own athletic program. The pledge form is available at: www.mississaugamarathon.com/charity-partners/

Please visit the following links for more event information:

MaraFun Program- www.mississaugamarathon.com/marafun-program/



**For more information, contact:
Peter Milway 905-949-1910 ext. 231
www.mississaugamarathon.com**





About the 2017 MaraFun Program

The Mississauga Marathon is proud to invite students to participate in the MaraFun Program. The MaraFun Program is a wonderful opportunity to get children involved in physical activity while allowing them the opportunity to meet their goals.

The Mississauga Marathon has created a schedule for the MaraFun that provides training goals and a program record to encourage school aged children to get started well before the Marathon event weekend. By working on completing the first 40 KM of the marathon distance with your child, student or athlete, then finishing the last 2 KM on race day, you can introduce running as part of the child's everyday routine.

The required twenty minutes of physical activity per day can be carried out with the MaraFun in mind. All schools are eligible to win the **Mississauga MaraFun Cup** and bragging rights as **"The School That Goes the Distance."** The MaraFun Cup is awarded to the largest number of MaraFun finishers from one school. The Mississauga Marathon's 2KM Fun Run/Walk will make up the last two kilometers of the MaraFun and will be completed on race day – **Sunday, May 7th, 2017**. All finishers will receive a finisher's medal and a certificate of completion for the MaraFun Program!

To get started, please review this package and feel free to contact us with any questions and/or concerns you may have. We look forward to seeing you and your child, students or athletes at the 2017 2KM Fun Run/Walk on **Sunday, May 7th!** Schools have the option of paying by credit card and registering their students online at: www.mississaugamarathon.com/marafun-program/ or you can pay by cheque and attach completed registration forms (found below) for your students or children and submit by mail to:

Mississauga Marathon
5500 Rose Cherry Place, Mississauga, ON
L4Z 4B6

The MaraFun Program package includes:

- MaraFun background with a suggested 6-week training schedule
- MaraFun Participation record to keep track of all physical activity in the 6 weeks. Students must present the Participation Record in order to receive the Enersouce MaraFun Certificate of Completion
- The 2KM Fun Run/Walk 2017 Registration Form (**Please note: Registration for the 2KM event is necessary to complete the MaraFun program and to receive a finisher's certificate and medal and be eligible for the "School That Goes The Distance"**)
- Health, Nutrition and Fitness activities
- Official school pledge form

Event Overview

The MaraFun program will once again be included as part of the Mississauga Marathon, to take place on Sunday, May 7th, 2017. The MaraFun program is designed to encourage young people to be active and enjoy the benefits of health and well being. The MaraFun program is geared towards children in grades one through eight and is a wonderful opportunity for parents, teachers and coaches to promote activities, such as walking and running.

Adults usually train for six to seven months in preparation for running a marathon. With the understanding that young people are generally not physically able to complete the 42.2 KM (26.2 miles) of a full marathon, the MaraFun program has been designed so that kids will actually participate in the majority of the race in the six weeks prior to race day. They begin with a 0.5 KM run/walk in week one, and then increase to a 3.5 KM run/walk by week four. The final 2KM of the MaraFun Program will be on the actual marathon course on race day. Upon crossing the finish line to the sound of applause and cheers from spectators, each participant will receive a finisher's medal and an MaraFun certificate will be created for participants who turn in their MaraFun participation record (look for the MaraFun tent at the finish line). MaraFun training is completed through the honour system under the guidance and verification of a parent, teacher or coach.

Why participate in the MaraFun?

- Exercise improves your overall physical and mental health.
- Running and walking are great ways to have fun and exercise, anytime and anywhere.
- Collect pledges and raise money for your school or local charities in your region.
- Be a part of the Mississauga Marathon Race weekend with over 10,000 people!
- There are countless more reasons, ask a representative!

How do you participate?

It's easy! You begin by running or walking six weeks prior to race day. Under the guidance of an adult (parent, teacher or coach) you can start your marathon on Monday, March 27th, 2017! To participate in the last 2 KM of the MaraFun Program you will need to register for the 2KM Fun Run/Walk by mail (download form from our website) or online at: www.mississaugamarathon.com and be sure to select "Participating in MaraFun".

Training Schedule:

It is important to keep track of your progress. Included is a participation log for you to use. Check out the map on our website www.mississaugamarathon.com to see where you will be finishing your marathon.

NOTE: The training schedule is a suggested guideline. Please consult your physician before beginning any exercise program and only do what you are comfortable with. If you complete more than 2 KM per day, great! Just remember to pace your running or walking so that you are ready and able to complete the final 2 KM on MaraFun Sunday! We do not recommend that you complete this program early. The schedule leaves three days open for make up days or to give you a rest during the week.

Registration

All MaraFun participants **must** complete their race on the marathon course on race day in order to receive an official finisher’s medal and certificate. Planning your own courses, distances and race dates or events are not recognized. **PLEASE MAKE SURE YOU COMPLETE THE “MARAFUN” BOX WHEN YOU REGISTER FOR THE 2KM FUN RUN/WALK AND INPUT YOUR SCHOOL NAME.** You can register either online using this link: www.mississaugamarathon.com/marafun-program/ or by mail using the form on the last page of this information package. Registration prices are as follows and do not include the 13% HST:

	Day One	Day Two	Day Three	Day Four	Week Total
Week One	0.5 KM	0.5 KM	1 KM	1.5 KM	3.5 KM
Week Two	1.5 KM	1.5 KM	1.5 KM	2.5 KM	7 KM
Week Three	1.5 KM	1.5 KM	2.5 KM	1.5 KM	7 KM
Week Four	2.5 KM	1.5 KM	1.5 KM	3.5 KM	9 KM
Week Five	1.5 KM	2.5 KM	1.5 KM	2.5 KM	8 KM
Week Six	2.0 KM	2.0 KM	1.5 KM	0 KM	5.5 KM
				Total KMs:	40
Race Day: walk, jog or run the 2KM Fun Run/Walk route for a total of 42.2 KM					
1 mile = 1600 m = 1.6 KM					
Entry Fees	By November 2	By February 8	By March 29	By May 3	At Runner’s Expo
2KM Fun Run/Walk	\$20.00	\$25.00	\$30.00	\$35.00	\$35.00

Your registration fee includes a race kit, event t-shirt, finisher’s medal, MaraFun certificate of completion and food with refreshments at the finish line.

Fundraising

We encourage all MaraFun participants to collect pledges from family and friends in support of their school’s athletic program or for one of our charity partners listed here: www.mississaugamarathon.com/charity-partners/.

Schools will be responsible for collecting and distributing all pledges if you are fundraising for your school, otherwise participants are to drop off their donations directly to the charity of choice no later than Sunday, May 7th, 2017 when picking up your race kit.

Contact Us

If you would like a Mississauga Marathon representative to come out to your school or organization to do a presentation or discuss training or fundraising, please call Peter at 905-949-1910 ext. 231 or e-mail us at: pmilway@landmarksport.com and we will gladly answer any questions.



Official School Pledge Form

Participant Information

Donation Collector Name:	Parent/Guardian Name:
Address:	Postal Code:
Telephone #:	Email:
School Name raising funds for:	

Donor Information:

Please **PRINT** clearly. Make cheques payable to the name of the school above.

Donor Name	Address	Postal Code	Telephone #	Donation Amount	\$
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					
			TOTAL =		

Collecting Donations – Helpful Hints:

1. Ask everyone: family, relatives, friends and neighbors.
2. Ask for and collect a *lump sum donation* from donor *immediately*.
3. Please only return this form when all donations on this form are collected.
4. Donations must be submitted to your school teacher/office.

2017 MaraFun Program

Fitness & Nutrition Suggested Activities

* The activities listed in this package are suggestions only. These examples are not required to complete the MaraFun Program.

Week One:

Indoor Activity #1: As a class, discuss the benefits of healthy eating and physical fitness. Brainstorm as a group at least 10 activities that involve running, and how you could possibly implement them into your MaraFun training schedule.

Indoor Activity #2: Who is the healthiest eater in your class? Find out with the help of the Canadian Food Guide to Healthy Eating, a nutrition guide that outlines the portions and requirements of a balanced diet. Create a poster of the food guide using pictures from magazines and hang it on a classroom wall. Make name labels for each student in the class and attach them to magnetic tape or old business card magnets. Each day, have the children place a label on the guide for each serving of food they ate. Did their diet meet the recommendations of the guide? Set a certain number of healthy eating days per week as a healthy eating goal, and determine a class reward when that goal is accomplished.

Outdoor Physical Activity:

Day One: walk 0.5 km

Day Two: jog 0.5 km

Day Three: run 0.5 km, walk 0.5 km =1 km

Day Four: walk 0.5 km, jog 0.5 km, run 0.5 km =1.5 km

Weekly Total: 3.5 km

Week Two:

Indoor Activity #1: Have each student set a personal home exercise goal (ex. Walk to the post office with your parents, or take your dog for a walk each day this week). Make it a class goal that each student eats a complete well-balanced lunch three days this week. As a class discuss the different healthy foods that students have brought in, and distinguish which food groups they belong in.

Indoor Activity #2: To help children understand what influences their food choices start a discussion with the class on what the children's favourite snacks are and why. Also, discuss what foods their parents buy on a regular basis and which ones are their favorites and why. On a flipchart or board, list the reasons why these foods are their favourite. Discuss with the children what influences their eating habits; for example: taste of foods, ads, family, friends.

Outdoor Physical Activity:

Day One: walk 1 km, jog 0.5 km =1.5 km

Day Two: jog 1 km, walk 0.5 km =1.5 km

Day Three: walk 0.5 km, jog 0.5 km, run 0.5 km =1.5 km

Day Four: jog 1.5 km, run 0.5 km, walk 0.5 km =2.5 km

Weekly Total: 7 km

Make It Fun!!! – Add a non-competitive relay. Try a “high five” relay. Group kids into teams. Instead of passing a baton, kids give “high fives” to next runners.

Week Three:

Indoor Activity #1: Brainstorm as a class, or in groups, all the different things they would like to see on a nature hike. See how many ideas your class can come up with.

Indoor Activity #2: To help children understand that they influence others when it comes to food choices. Start a discussion with the children using the following questions: Which foods do your parents buy because they know you like them? What meals do your parents make for supper because they know it is your favourite? Make five columns on a flipchart or board, one for each food group in Canada’s Food Guide to Healthy Eating and one for “other foods”. List the foods mentioned in the appropriate columns. Encourage children to place foods they enjoy eating into each food group. Through discussion, help children understand that their attitudes influence the people around them and that they can be leaders when it comes to eating well.

Outdoor Physical Activity:

Day One: walk 0.5 km, jog 0.5 km, run 0.5 km =1.5 km

Day Two: jog 1 km, walk 0.5 km =1.5 km

Day Three: jog 1.5 km, run 0.5 km, walk 0.5 km =2.5 km

Day Four: run 1 km, walk 0.5 km =1.5 km

Weekly Total: 7 km

Week Four:

Indoor Activity #1: Discuss various running events (ie: various marathons around the world, or Olympic running events) with the children. See if their parents have ever run a marathon and find out which one. This would be an ideal time to discuss their final 2 KM run at the 2017 Mississauga Marathon. While running this week, ask them to pretend they are running in the event on race day.

Indoor Activity #2: To help children enjoy a wide range of foods, ask them if they would like to eat the same thing all the time. Lead a discussion on how choosing a variety of foods can make eating fun.

Have **younger children** draw pictures of two or more different breakfasts, lunches or dinners that they like to eat. Help them complete their meals using suggestions from the Food Guide. Have **older children** talk about different ways they can combine foods to make salads, pizzas and sandwiches.

Ask the children to think about food that comes from other countries, and how this can bring variety to our menus, making them new and exciting. Examples include: pita bread, French “baguette”, souvlaki, and tofu. Organize a tasting party with foods and dishes enjoyed by various ethnicities and cultural groups. Encourage each child to bring a food or dish from home that represents their nationality or ethnicity and how they can make it new and exciting with new ingredients or components.

Outdoor Physical Activity:

Day One: jog 1.5 km, run 0.5 km, walk 0.5 km =2.5 km

Day Two: run 1 km, walk 0.5 km =1.5 km

Day Three: run 1 km, walk 0.5 km =1.5 km

Day Four: jog 1.5 km, run 1.5 km, walk 0.5 km =3.5 km

Weekly Total: 9 km

Arrange for a partner run! Have the children run with a buddy this week.

Week Five:

Indoor Activity #1: As a class, think of at least 15 food items that you could eat instead of junk food. Place each food item into its appropriate food group.

Indoor Activity #2: To help children make healthy food choices by using the information on food labels. Ask children to bring empty cereal boxes from home. Explain to them that the Food Guide recommends that we choose whole and enriched grain products more often. Ask the children how they can tell which cereals are whole grain and which are enriched. By looking at the name? The list of ingredients? The nutrition information panel? The claims on the box? The picture?

Hints to identify whole grains and enriched cereals:

- Look at the ingredient list. Whole grains, like whole wheat, should be near the top of the list.
- You will know if the cereal is enriched if the ingredient list includes these nutrients: iron (often listed as ferrous sulfate), niacin, riboflavin, and thiamin.
- Remember: Canada's Food Guide recommends 5-12 servings of grain products everyday.

Outdoor Physical Activity:

Day One: run 1 km, walk 0.5 km =1.5 km

Day Two: jog 0.5 km, run 1.5 km, walk 0.5 km =2.5 km

Day Three: run 1.5 km

Day Four: jog 0.5 km, run 1.5 km, walk 0.5 km =2.5 km

Weekly Total: 8 km

Make It Fun!!! – If you want, substitute a “Leader of the Pack Run” into your running activity for the day. Jog in a single file line. The child at the back of the line sprints to the front of the line, becoming the new leader. Once this child reaches the front, the child who is now at the back will sprint to the front. Repeat for 1.5 km.

Week Six:

Indoor Activity #1: As a class brainstorm what the children have learned about fitness and healthy eating over the past six weeks. Discuss different ways they can continue with their physical activity and healthy eating, after race weekend.

Indoor Activity #2: Have each child write the names of each food group on a board or flipchart in separate columns. Ask the children to name foods they like to eat for breakfast and list them in the appropriate food groups. Using these food choices, ask them to make breakfast menus, including



foods from at least 3 of the 4 food groups. Have them find other foods they like to eat, or could for breakfast. If necessary help them brainstorm new foods to experiment with.

Ask the children if they sometimes leave home without eating breakfast because they “don’t have time” to eat. Ask them to brainstorm foods that can be eaten on the way to school, with little preparation. Discuss with the children the importance of breakfast: for example, to stay healthy, to be in a good mood, to feel good, to be alert with energy, improving their ability to concentrate and succeed in school.

Indoor Activity #3: Proper training, nutrition and enough rest are all key to a marathon runner’s endurance and success as an athlete. Encouragement and support of others is also an integral part of their success. With this in mind, have students create banners for their friends and family who will be cheering them along at the 2KM Fun Run/Walk course on race day. The sight of those who care holding signs of encouragement will mean the world to these first time ‘marathon’ runners and hopefully instill a thrill of sport and appreciation for an active lifestyle early in life.

Outdoor Physical Activity:

Day One: run 2 km

Day Two: run 2 km

Day Three: run 1.5 km

Weekly Total: 5.5 km

Congratulations!

You have now finished the first 40 KM of the Marathon distance. The final 2KM will be completed at Hiawatha Park (Cumberland Drive and Hiawatha Parkway, Mississauga) on Sunday, May 7th, 2017 and begin at 12:30 PM.

Please check: www.mississaugamarathon.com for the FREE shuttle bus schedule and further race details.
See you at the 2KM Fun Run/Walk during the 2017 Mississauga Marathon!



MISSISSAUGA MARATHON MARAFUN REGISTRATION FORM
SUNDAY, MAY 7th, 2017

REGISTRATION CLOSES WEDNESDAY, MAY 2ND AT 5:00 PM.

Sunday, May 7th:

___ 2KM Fun Run/Walk

(___) Participating in MaraFun & School Name: _____

Event	by Nov. 2	HST	by Feb. 8	HST	by Mar. 29	HST	By May 2	HST	At Expo	HST
2KM Fun Run/Walk	\$20.00	\$2.60	\$25.00	\$3.25	\$30.00	\$3.90	\$35.00	\$4.55	\$35.00	\$4.55

ENTRY FEE = \$ _____

HST (13%) = \$ _____

iTaB (\$10.00) = \$ _____

TOTAL FEES = \$ _____

CHEQUES PAYABLE TO:

Mississauga Marathon

Please Select Your Child's T-Shirt Size	
Youth Small	
Youth Medium	
Youth Large	
Adult Small	
Adult Medium	
Adult Large	

STUDENT INFORMATION

Last Name _____ First Name _____

Address _____ Apt./Suite _____ Postal Code _____

Town/City _____ Prov./State _____ Country _____ HOME TEL _____

EMAIL _____ Gender: Male Female D.O.B. (DD/MM/YY) ___/___/___

Age on Race Day _____ Health Conditions/Allergies _____

Would you like to personalize your medal with your name Personalized Medal feature for \$10.00?

If you select yes, please add an additional \$10.00 to your registration fee.

Yes No

Parent/Legal Guardian to Sign

Waiver, Release & Indemnification

In consideration of the acceptance of my application and the permission to participate as a volunteer or competitor in the Mississauga Marathon, in any or all of the following events: Full Marathon, Sal Guzzo, L.L.B. Relay Challenge, Half Marathon, MNP 10KM, 10KM Student Relay, "Hazel" 5KM, 2KM Fun Run/Walk, post-race activities on Saturday, May 6th and Sunday, May 7th, 2017 and any other 2017 Mississauga Marathon activities that take place prior to or after the event. I, for myself my heirs, executors, administrators, successors and assigns, hereby release, waive and forever discharge The City of Mississauga, the Peel Regional Police, the Chief of Police, the Mississauga Transit Commission, the Ministry of Transportation of Ontario, all sponsors and contributors, Landmark Sport Group Inc. and its employees and volunteers, the Mississauga Marathon Organizing Committee, and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, elected and appointed officials, successors and assigns of and from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity in respect of death, injury, loss or damage to my person or property however caused, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor, volunteer or otherwise, whether prior to, during or subsequent to the event, and notwithstanding that same may have been contributed to, or occasioned by, the negligence of any of the aforesaid. When you participate in any event or volunteer during the 2017 Mississauga Marathon, the staff has the right to use your image for promotional and marketable purposes. I further hereby undertake to hold and save harmless and agree to indemnify all of the aforesaid from and against any and all liability incurred by all of them as a result of, or in any way connected with, my participation in the said event. By submitting this entry, I acknowledge having read, understood and agreed to the above waiver, release and indemnity. I warrant that I am physically fit to assist/participate in this event.

Print Name _____

Signature or Parent/Legal Guardian Signature (under 18 years of age) _____

Date _____

ALL ENTRIES ARE NON-REFUNDABLE & NON-TRANSFERABLE

All forms with payment **MUST BE RECEIVED** by the price increase date to pay that specific price.