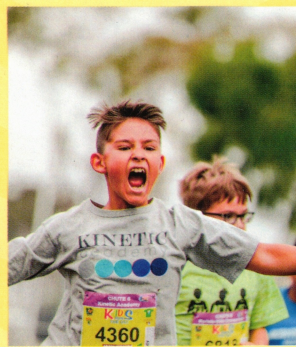




KIDS RUN THE OC

APRIL 30, 2022

www.kidsruntheoc.org



ABOUT THE PROGRAM

We're back! The OC Marathon Foundation is excited to host the 17th Annual Kids Run the OC Training Program which involves over 160 elementary schools throughout Orange County. Each school involved will conduct a 10-12 week on-campus or virtual training program which will begin in February and end with the Final Mile Event on April 30, 2022.

CONTACT US



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become more physically fit, promote an active and healthy lifestyle and combat the onset of childhood obesity, all while having fun!

This is accomplished through various games, which help improve speed, agility, hand/eye coordination, flexibility and a child's overall fitness. Students from each participating school will be led through our popular and fun 10-week training program at their school or online led by a school volunteer that has been trained by the OC Marathon Foundation.

By the end of the 10-week program each student will have accumulated the equivalent of 25.2 miles through various games and activities and hopefully have increased knowledge regarding healthy food choices and good eating habits. They will finish their "marathon" by participating in the Kids Run the OC Marathon 1-Mile Run on April 30, 2022 at the OC Fair & Event Center in Costa Mesa, CA. This culminating event is a non-competitive run for kids ages 5-14.

Participants in the final mile event (\$29.00) will receive:

- 10 weeks of training led by a volunteer coach at your school or online.
- 1 entry into the In-Person or Virtual Kids Run the OC 1-Mile Run
- Official Kids Run the OC T-shirt and Medal
- Official Kids Run the OC Timed Race Result

KIDS
RUN
THE OC

KIDS RUN THE OC REGISTRATION

In order for your child to complete the program and receive the marathon medal, you must register for the Kids Run the OC 1-Mile Event online (\$29.00 fee).

To register online, please visit www.kidsruntheoc.org and click on the purple "Register Now" button in the top right corner for the Kids Run the OC 2022 registration. The LAST DAY for online registration is March 1, 2022.

THE OC MARATHON FOUNDATION NO LONGER ACCEPTS OFFLINE REGISTRATION. If you do not have access to a computer, please contact your KROC coach to find alternative ways to register.



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