



2009 MISSISSAUGA MaraFun

A Run for Everyone. Everyone should run. That's the mandate and goal of the Mississauga Marathon presented by Canon and with our MaraFun program now in its fourth thrilling year! The program is a wonderful opportunity to interest children in fitness and goal setting and making the challenge fun and easy.

The Mississauga Marathon, presented by Canon has created a program that provides training goals and a program record so that school aged children will get moving well before the Marathon event weekend. By working on completing the first forty kilometres (40K) of the marathon distance with your child, student or athlete, you can ensure that daily activity becomes part of a child's everyday routine and practice.

In **schools**, the required twenty minutes of physical activity can be carried out with the MaraFun in mind, your school's involvement could make you eligible to win the **Mississauga MaraFun Cup** and bragging rights as "**The School That Goes the Distance**" for the largest number of MaraFun finishers from one school. **At home** make running or walking part of your child's after school plan and reward him/her with an entry to the Mississauga Marathon's 2K Family Fun Run/Walk where the last two kilometres of MaraFun will be completed to the cheers of spectators amongst the spectacle of a world class marathon event. If knowing that their Mom and Dad are proud of them isn't enough, your child will also get a 2K Finishers medal and a certificate of completion for the MaraFun program! **Coaches**; even if it is not your sport's season, you can keep up with your team by encouraging participation in the MaraFun and 2K Family Fun Run/Walk. Encouraging friendly competition amongst teammates will go a long way in your team building efforts. Get your team out in their jerseys this May 10th, 2009 and show Mississauga and all the marathon participants what your team is made of!

To get started, take a look through the attached package. The organizers of the Mississauga Marathon hope that you enjoy the suggested activities and employ the training/ fitness/ nutrition tips that we have included. We hope to see your child, students or athletes at the 2009 2K Family Fun Run/Walk this **May 10th, 2009**. Schools have the option of entering their students online after forms and fees are collected. If your school is not doing this you can register online today at www.mississaugamarathon.com or by mailing in the attached registration form for your child or family.

This Kit Includes:

- MaraFun backgrounder with suggested 6-week training schedule.
- MaraFun Participation record (BRING THIS RECORD ON RACE DAY TO THE 2K **FINISH LINE** TO PICK UP YOUR MARAFUN CERTIFICATE)
- 2K Family Fun Run/Walk 2009 Registration Form (Please note: Registration for the 2K event is necessary to complete the MaraFun program and to receive a finishers' certificate and medal and be eligible for the "School That Go Distance")
- MaraFun Colouring Contest- all entries will be displayed at the expo and winner of the contest will win a prize!
- Health, Nutrition and Fitness activities
- 2009 fundraising form

MISSISSAUGA MaraFun



Event Overview

Mississauga MaraFun will again be included as part of the Mississauga Marathon, presented by Canon to take place May 9 & 10, 2009. The MaraFun program has been designed to encourage young people to get active and enjoy the benefits of good health and well being. MaraFun is geared towards children in grades 1 through 8 and is a wonderful opportunity for parents, teachers and coaches to promote activities like walking and running, to young people.

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 kilometres (26.2 miles) of a full marathon, Mississauga MaraFun 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 0.5km run/walk in week one, and then increase to a 3.5km run/walk by week four. The final 2K of the MaraFUN will be on the actual marathon course on race day, May 10, 2009. Upon crossing the finish line each participant will receive a finishers medal and a MaraFun certificate will be created for participants who turn in their MaraFun participation record at the 2K Finish Line (look for the MaraFun tent at the finish line party). MaraFun training is completed through the honour system under the guidance and verification of a parent, teacher or coach.

Why participate in MaraFun?

1. Exercise makes you physically fit.
2. Running and walking are a great way to have fun and exercise.
3. You can run or walk anytime and anywhere.
4. You can collect pledges and raise money for hospitals and other crucial charities in the Peel Region

5. You get to be a part of Canada's fastest growing marathon event!

How do you participate?

It's easy! You begin by running or walking six weeks prior to race day. Your start date will be Monday, March 30, 2009. Under the guidance of an adult (either a parent, teacher or coach) you can start your marathon! To participate in the last 2km of the Mississauga Marathon MaraFun event you will need to register for the 2K Family Fun Run/Walk by mail (download form from the website) or on-line at www.mississaugamarathon.com.

Training Schedule:

It is important to keep track of progress toward your goal. We have included a participation log for you to use. Check out the map on our website www.mississaugamarathon.com to see where you'll finish your marathon.

NOTE: The training schedule is a suggested guideline. Only do what you are comfortable completing. If you complete more than 2km per day, great! Just remember to pace your running or walking so that you are ready and able to complete the final 2km on MaraFun Sunday! We do not recommend that you complete this program early. The schedule leaves three days available for make up days or to give you a rest during the week.

	Day One	Day Two	Day Three	Day Four	Week Total
Week One	0.5 km	0.5km	1km	1.5km	3.5km
Week Two	1.5km	1.5km	1.5km	2.5km	7km
Week Three	1.5km	1.5km	2.5km	1.5km	7km
Week Four	2.5km	1.5km	1.5km	3.5km	9km
Week Five	1.5km	2.5km	1.5km	2.5km	8km
Week Six	2.0km	2.0km	1.5km		5.5km
				Total Kms:	40
	Race Day: walk, jog or run the Family 2K route for a total of 42km				
	1 mile = 1600 m = 1.6 km				

To Register:

All MaraFun participants must complete their race on the marathon course on race day in order to receive an official finisher's medal. Make up distances and race dates are not recognized. To register for the Mississauga MaraFun 2K (your final 2K of MaraFun) please visit www.mississaugamarathon.com to download the entry form or to register on-line. Check off MaraFun. You will be registering for the 2K Family Fun Run/Walk. Registration is \$20 per individual if you register by April 1, 2009 or \$25 per individual after April 1, 2009. Your registration fee includes a runner's kit, medal, certificate and food and refreshments at the finish line.

Collect Pledges:

We encourage all MaraFUN participants to collect pledges from family and friends in support of their school's athletic program or one of our six charity partners; Colorectal Cancer Association of Canada, Credit Valley Hospital Foundation, Trillium Health Centre Foundation, William Osler Health Centre Foundation, YMCA Mississauga, Jerry Love Children's Fund.

Schools will collect pledges if you are fundraising for your school otherwise participants can drop off their donations at the Runners Expo at the Mississauga Valley Community Centre on Friday, May 8 and Saturday, May 11, 2009 when you pick 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 905-949-2931 or e-mail us at info@mississaugamarathon.com and we would be pleased to make a presentation and answer questions.



Official Pledge Form

Participant Information:

Donation Collector Name:	
Address:	Postal Code:
Telephone #:	
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	\$
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				TOTAL =	

Collecting Donations – Helpful Hints:

1. Ask everyone: family, relatives, friends and neighbours.
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.

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Fitness & Nutrition Suggested Activities

* The activities listed in this package are suggestions only. These examples are not required to complete the 2009 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 depicts the proportions 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 every student eats a completely healthy lunch three days this week. As a class discuss the different healthy foods that students have brought in, and distinguish which food group they belong to.

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 are their favourites 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. ie: 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 all the different things you 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 have influence too 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 do your parents make for supper because they know you like them?

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 name foods they enjoy eating from the following food groups. 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

Make It Fun!!! – Go for a walk down a nature trail. Use the list that the children generated in your indoor activity and see if they can spot anything on the list. When you get back to the class make a new list of things they actually did see on their nature hike.

Week Four:

Indoor Activity #1: Discuss various running events (ie: various marathons around the world, or Olympic running events) with the children. See if any of 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 2009 Mississauga Marathon presented by Canon. While running this week, ask them to pretend like they are running The Mississauga Marathon.

Indoor Activity #2: **To help children enjoy a wider range of foods.**

Ask the children if they would like to eat the same thing all the time. Then, 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, which bring variety to our menus. Examples include: pita bread, French “baguette”, souvlaki, tofu. Organize a tasting party with foods and dishes enjoyed by various ethnic and culture groups. Each child can bring a food or dish from home.

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

Make It Fun!!! – 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 for a snack 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 grains 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. The child at the back of the line sprints to the front of the line. When child reaches the front, child who is now at the back sprints to the front. Do this 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 that the children can continue with their physical activity and healthy eating.

Indoor Activity #2: To interest children in meal planning and preparation.

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. If necessary help the children find other foods they like to eat for breakfast.

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

Indoor Activity #3: Proper training, good 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 integral. With this in mind, have students create banners for their friends and family who will be cheering them along the 2K Family 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

You have now finished the first 40K of the marathon distance. The final 2K will be completed May 10, 2009. Please check www.mississaugamarathon.com for start times and locations.

See you at the 2K Family Fun Run/Walk at the 2009 Mississauga Marathon presented by Canon!