



Care to Learn and Bass Pro Shops Outdoor Fitness Festival are partnering to host a Kids Marathon series. These events are very popular nationwide and attract thousands of kids and their families. Our first Kids Marathon took place on October 1, 2011 and then we followed up with a cross-country run on Oct. 22, with 400 kids participating in total. Two more events are planned for winter/spring 2012, they will be held on Saturday, Feb. 4 - Polar Bear Run and on Thursday evening, April 19 - Paint the Run.

What is a Kids Marathon? Children ages 5 - 12 (K-6) may take part in this Rock 4 Kids program. The children participating in Rock 4 Kids do not actually run a marathon, instead they count the times that they exercise, read a book and do the right thing (i.e., perform an act of kindness, volunteer, etc.) We are using the marathon distance as a model for points. Kids will track 25 points over a period of time and complete the distance by running 1.2 miles at the Kids Marathon, therefore 26.2...the distance of a marathon. Tracking forms may be downloaded from [www.basspro.com/fitness](http://www.basspro.com/fitness) or [www.caretolearnfund.org](http://www.caretolearnfund.org).

Why ROCK<sub>4</sub>KIDS? We know that kids ROCK, and we want to remind them of four ways they can build a better life for themselves. The overall goal by the kids participating in these events is to promote wellness of mind, body and spirit.

**Read** - We want kids to enhance their academic abilities by keeping a reading log and challenging themselves to continue learning through independent reading or being read to as ability levels allow.

**Right** - We want kids to do the right thing by thinking about how they can improve their own lives, the lives of others, the environment, etc.

**Run** - We want kids to be active, stay active and improve their overall health and wellness.

**Repeat** - We want kids to understand that these things are worth doing for a lifetime and therefore, should be repeated!

How do we implement the program? An interested teacher, coach, principal, parent or partnering agency - Prime Time and SPARC, can obtain the forms for their students or children. Students should be shown how to use the tracking sheet and be encouraged to ROCK the 4 R's!

Who benefits? The real benefit is engaging the community in a fun family activity that will hopefully change attitudes and behaviors about health and fitness for school age children. The added bonus is that by participating in these events we will raise money for Care to Learn enabling us to meet the emergent needs of school age children in the area of hunger, health and hygiene.

For more information, contact Heather Trinca at [htrinca@caretolearnfund.org](mailto:htrinca@caretolearnfund.org) or call the Care to Learn office at 417-862-7771. You may also contact Melissa Bondy at [mlbondy@basspro.com](mailto:mlbondy@basspro.com) or call the Bass Pro office at 417-891-5214.