Held in conjunction with the Equinox Marathon, the Equinox Kid's Marathon allows you (a kid in grade K through 6) to run a marathon, 1 mile at a time. The goal is for you to improve your fitness and have fun at the same time.

Download an entry form by clicking on the "More" menu item in the header. That will take you to a page where there is a link to an entry form in PDF format.

Once your registration form has been received, we will mail you some toe tokens. Your mom, dad, or helping adult will give you a toe token for every 5 miles that you complete. We have included a suggested schedule for completing your miles. The last 1.2 miles of your marathon will be completed on the day of the Equinox Marathon.

Have an adult help you find a route that is 0.5-1 mile long, and is safe for you to run/walk. High school tracks are excellent places to run (4 laps=1 mile), or find a route in your neighborhood. Get your friends to join you. Get your mom and dad to join you. Fitness is for everybody!

You may pick up your bib number at the regular Equinox Marathon bib pickups or near the starting area on race day (8-8:45 a.m.).

The Kid's Marathon will start at 9:00 a.m. at UAF Patty Center. Volunteers will be on hand to ensure a safe event, and your parents and older siblings are welcome to run with you. There will be no times recorded as this is a non-competitive event--everyone who participates is a winner. At the finish line, you can pick up your special Finisher's T-shirt and goodies, refuel with some healthy snacks, and be proud of your accomplishment!

Sample Timeline

Weeks Before Equinox

Miles per Day

Total Mileage

6

0.5

2.5

5

0.5

5

4

1

10

3

1

15

2

1

20

1

1

25

Equinox Day!

1.2

26.2

The goal of the Kid's Marathon is to help you incorporate fitness into your daily routine. The program begins with two weeks of 0.5 mile per day, and allows for two "rest" days per week. You can run and/or walk your miles. Remember to stretch after your runs, drink plenty of water every day, and get plenty of sleep. Questions? Call Tracey Martinson at 474-8353.