



FOR IMMEDIATE RELEASE

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Kids Marathon returns to Kansas City on October 18

KANSAS CITY, MO (August 18, 2014) – October 18 will see the return of the Kids Marathon presented by Chick-fil-A in partnership with Children’s Mercy. While the adults of the Waddell & Reed Kansas City Marathon with Ivy Funds are out on the streets of Kansas City trying to complete 13.1 miles and 26.2 miles, boys and girls are running the last 1.2 miles of their mini-marathons.

During the summer and early fall, boys and girls from Kindergarten age to 8th grade “train” for their marathon by running the first 25 miles in small increments while tracking their progress on a training log. Then on Saturday, October 18 at 9:30 a.m., the kids will complete their marathons by running the last 1.2 miles where they will receive their finisher medals once they cross the finish line.

“Health and fitness for our youth is very important to us as an organization and to me as a parent,” said Sarah Dee, Director of Events. “The Kids Marathon is a wonderful way for parents to exercise with their child, or grandparents to exercise with their grandchild. It gives the child a great sense of accomplishment and can potentially lead to a child maintaining an active lifestyle as they become adults.”

On race day, events will begin at 9 a.m., with a group warm up and mascot races. Stick around after the race for the Fit-tastic! Family Fun Festival and enjoy fun activities for the entire family until 11:30 a.m. Kids ages 5-15 are able to sign up in groups of 10 or more through their school/youth sports groups or they can register individually with a responsible adult accompanying them.

“Our main goal with the Kids Marathon is to help get kids in the community excited about being active. It’s such a great way for school, PTA, and sports team running groups to get out there, track their progress, and then have a lot of fun on race day,” said Shelly Summar, Registered Dietician and Coordinator of the Weight Management Program at Children’s Mercy.

Children’s Mercy Hospitals and Clinics Weight Management team has created a handy training guide with helpful tips to prepare the runner before and on race day. Adults can work with a child by tracking their mileage and use the guide to help with educating the child on the benefits of being active. For more information on the Kids Marathon presented by Chick-fil-A in partnership with Children’s Mercy and also how to volunteer, go to www.kcmarathon.org.

About Children’s Mercy

Children’s Mercy, located in Kansas City, Mo., is one of the nation’s top pediatric medical centers. The 354-bed, not-for-profit hospital provides care for children from birth through the age of 21, and has been ranked by *U.S. News & World Report* as one of “America’s Best Children’s Hospitals.” For the third time in a row, Children’s Mercy has achieved Magnet nursing designation, awarded to fewer than seven percent of all hospitals nationally, for excellence in quality care. Its faculty of 600 pediatricians and researchers across more than 40 subspecialties are actively involved in clinical care, pediatric research, and educating the next generation of pediatric subspecialists. For more than a century, Children’s Mercy has provided the highest level of medical care to every child who passes through its doors, made possible through generous community support. For more information about Children’s Mercy and its research, visit childrensmercy.org. For breaking news and videos, follow Children’s Mercy on [Twitter](#), [YouTube](#) and [Facebook](#).

About The Kansas City Sports Commission and Foundation

The Kansas City Sports Commission & Foundation benefits the Kansas City region through sports by creating, attracting and managing major sporting events for Kansas City. And, promote the lifetime benefits of sports for youth through educational initiatives, tournaments and clinics. For the latest on Kansas City Sports Commission news, follow on [Twitter](#), [Facebook](#) and [YouTube](#). Also follow the Waddell & Reed Kansas City Marathon on [Twitter](#) and [Facebook](#).

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