



The Program

Niagara Falls International Marathon Inc.

**All students will receive a Shirt,
Commemorative MyLap Timing Bib & Finisher
Medal to keep!**

Niagara Falls International Marathon Inc. is pleased to announce the eleventh (11) Annual **SCHOOLS MARATHON CHALLENGE** *presented by Minacs*.

The Schools Marathon Challenge is designed to help children become physically fit through the sport of running. This is a **FREE** program open to students in schools in the Niagara Region and surrounding areas and fits in with the Ontario Physical Education curriculum.

Registered students will run the first 40.2 kilometres of the Marathon in the six weeks prior to race day (**incorporated into physical activity classes and extracurricular activities**). Each, leader will be responsible for verifying his/her students' distances.

The race will begin at **8:15am** on **Sunday, October 25, 2015**. Students will be required to assemble at the **Start line (Rapidsview parking lot)** no later than **7:00am – 7:30am**. Students will then run to the official marathon finish line, a distance of 2K, to complete the combined Marathon distance of 42.2 kilometres. Each student will receive a shirt, commemorative MyLap Timing Bib, finisher's medal, water and snacks.

What's New & Updates!

- **Start Time** - The Schools Marathon Challenge will start at **8:15am**. We ask that students and chaperones arrive early to check-in, assemble as a group and take part in the warm up! Please arrive no later than **7:00am – 7:30am**.
- **FREE Parking** - at Rapidsview parking lot (Start Location). It is 2K each way from your vehicle to the finish line at Table Rock House.
- **Finish Line Location** – Table Rock House
- **Shirt and Bib Pickup at Marathon Office** – Pickup will be at the Marathon Office, 5300 Willmott St., Niagara Falls. Monday, October 19, 2015, 3:00pm – 6:30pm.
- **School Leaders / NFIM Staff Meeting** - A meeting will be held at the NFIM Office (located at the Niagara Falls Badminton and Tennis Club) to review the procedures and instructions for race weekend. Date and time to be announced.

How to Register

- Each school **MUST** have one (1) leader to organize their school group and to act as the main contact with the Niagara Falls International Marathon office. Each school is permitted to sign up a total of 50 students maximum (no minimum) unless there is still space available.

CAP:

- There will be a cap of **850** students. Spaces will be granted on a (**first-come-first-serve basis**). We cannot guarantee everyone a spot, therefore, meeting our deadline of **Monday, September 21, 2015** will help ensure that you secure a spot for your school and your students.

ENTRY FORMS:

- Please have the school leader and each adult chaperone fill out an individual **LEADER/CHAPERONE ENTRY FORM**. The school leader will need to include the School Name and all relevant contact information (phone number & email) in order to receive confirmation emails and updates. ***Please limit chaperones to 1 chaperone per every 10 students on course.***
- Each student will need to fill out an individual **STUDENT ENTRY FORM** signed by parent/guardian.
- Please return all entry forms **AS A GROUP** to the Marathon office via hand deliver, fax 905-356-7156 or email schoolschallenge@niagarafallsmarathon.com.

DEADLINE:

- All entry forms must be submitted to the Marathon Office (as a group) by **Monday, September 21, 2015**. Any forms submitted past this date will not be guaranteed an entry.

***Please note – Only STUDENTS will receive a shirt as part of the program.**

Packet Pickup

- A **school leader** will be required to pick up their school packets which will include the following:
 - Student Shirts
 - Commemorative MyLap Timing Bib with pins
 - Chaperone Tag Credentials
 - *Medals will be handed out at the finish line on race day.*
- This year we are offering early packet pick up so you can distribute the kits to your students prior to race day!
- **Date:** Monday, October 19, 2015
- **Time:** 3:00pm - 6:30pm
- **Location:** Badminton Club (Marathon Office), 5300 Willmott Street, Niagara Falls, ON, L2E 2A7
- **Directions:** Park in main parking lot. Go through gate. Enter door to the right. Turn left once inside. Go upstairs to the 2nd Floor.



**NIAGARA SCHOOLS MARATHON CHALLENGE
SUNDAY, OCTOBER 25, 2015
(8:15am)**

SCHOOL LEADER ENTRY FORM

LAST NAME: _____

FIRST NAME: _____

MALE	<input type="checkbox"/>	FEMALE	<input type="checkbox"/>
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SCHOOL NAME: _____

SCHOOL ADDRESS: _____

SCHOOL PHONE # _____ SCHOOL FAX #: _____

LEADER EMAIL: _____

CHAPERONE'S SIGNATURE: _____ DATE: _____

***Please note – Only STUDENTS will receive a shirt as part of the program. Chaperones will be given tag credentials for identification and security purposes.**



**NIAGARA SCHOOLS MARATHON CHALLENGE
SUNDAY, OCTOBER 25, 2015
(8:15am)**

CHAPERONE ENTRY FORM

LAST NAME: _____

FIRST NAME: _____

MALE	<input type="checkbox"/>	FEMALE	<input type="checkbox"/>
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SCHOOL NAME: _____

SCHOOL ADDRESS: _____

SCHOOL PHONE # _____ SCHOOL FAX #: _____

LEADER EMAIL: _____

CHAPERONE'S SIGNATURE: _____ DATE: _____

***Please note – Only STUDENTS will receive a shirt as part of the program. Chaperones will be given tag credentials for identification and security purposes.**



NIAGARA SCHOOLS MARATHON CHALLENGE
SUNDAY, OCTOBER 25, 2015
(8:15am)

STUDENT ENTRY FORM

LAST NAME: _____

FIRST NAME: _____

AGE: _____ GRADE: _____

MALE	<input type="checkbox"/>	FEMALE	<input type="checkbox"/>
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SCHOOL NAME: _____

T-SHIRT SIZE: *(please circle)*

Youth S M L XL

Adult S M L XL

PARENT/GUARDIAN SIGNATURE: _____

*I understand that only chaperones and school leaders are permitted inside the schools' corral on race day. Parents will be reunited with their children **OUTSIDE** the corral area.*

FAQ

Q. Can I run the 2K with my child(ren)?

A. Due to logistical, liability and security reasons, we can only allow registered chaperones (1 adult for every 10 students) to run on course with the students. If you are interested in running with your child, please fill out a chaperone entry form and submit to your school. Otherwise, you are welcome to wait at the Finish Line to watch your child finish.

Q. What is the due date for registration forms and how do we submit them?

A. Registration forms must be filled out and returned to your school leader. The school leader must submit all student and chaperone entry forms as a group to the Niagara Falls International Marathon office via fax or email no later than **Monday September 21, 2015**. This is to ensure that there is enough time to order medals, shirts, bibs, etc.

Q. I am interested in running one of the Niagara Falls International Marathon events. How can I register?

A. Please visit our website at www.niagarafallsmarathon.com to register online for the Marathon, Half Marathon, 10K, or 5K events.

Q. How can I sign up to volunteer?

A. Niagara Falls International Marathon is always looking for volunteers. Please email volunteer@niagarafallsmarathon.com for more information.

RECOMMENDED TRAINING SCHEDULE (METRES)

	Monday	Tuesday	Wednesday	Thursday	Friday	Total KM
Week 1	400	400	800	800	800	3.2
Week 2	800	800	800	1600	800	4.8
Week 3	800	1600	800	1600	1600	6.4
Week 4	1600	1600	1600	1600	1600	8
Week 5	1600	2400	2400	3200	3200	12.8
Week 6	1600	1000	800	800	800	5
					TOTAL	40.2



Race Day Instructions Handout 2015

- It is **MANDATORY** that each school provides adult chaperones to assist with the supervision of the students on race day.
- We request that there is 1 adult chaperone for every 10 students to run alongside the students on the course.
- **Maximum** 1-2 chaperones are required to assemble in the finish line corral area holding a sign with the name of the school for students to gather around. Please arrive before **8:00am** to the finish line corral area.
- Chaperones will be given tag credentials permitting them access into the finish line schools' corral. Tag credentials will be given to the team leader at the meeting.
- Please arrive at Rapidsview parking lot, (across from Marineland) no later than **7:00am – 7:30am**.
- The team leader will need to check in the group at the Schools Challenge area.
- Students and chaperones will then be directed towards the start line for the start of the race.
- Parents can either walk the 2K distance to the finish line or take a **FREE shuttle**.
- Upon arriving at the finish area, parents will need to follow the signage towards the spectators' area **OUTSIDE** the schools' corral.
- Anyone without tag credentials **including parents** will be asked to remain outside the fenced corral area for security purposes and to ensure the safety of all children.

- Once all students have been accounted for inside the corral area, they will be permitted to leave the corral area as a group with the chaperones. Parents can then be reunited with their children **OUTSIDE** the corral area under the supervision of the school chaperones.
- You may then choose to stay in the area to take pictures with the group or you can catch the **FREE shuttle** back to the parking lot.

Please refer to the Finish Line Map to assist with directions.

Complimentary shuttles will be provided near the finish area and are tentatively scheduled as follows:

7:30am – 11:30pm – From the Upper Rapids Blvd. Bus Loop to finish area and back.

To be confirmed and subject to change!