



October 26, 2016 – Grand Rapids, MI

Kids Marathon

One of the requirements of a triathlon training group I belong to is to volunteer at a running or other event. This past weekend, the Grand Rapids Marathon held a Kids Marathon. I was in—not just to help, but experience what this type of event is like.

The idea is this: kids run or walk at least one mile, three times a week, with a friend or family member and track their progress on a training sheet that goes through mile 25. On race weekend, the children run or walk the last 1.2 miles of the marathon distance. As long as parents felt a child, no matter how young, had trained and could finish the distance, they were encouraged to run. In fact, families were encouraged to run together. I can't wait until I can do this with my pretend grandson Riley; at 19 months, he's a great little runner but a mile is probably a bit too far, and he has a tendency to wander off course.



Our group ran the water station, and it was terrific. Hundreds of kids, many with their parents, came by the station—kids of all ages experiencing what many of their parents do when they run races. I would estimate the youngest kid was about 4, but age didn't matter. They all got a cheering crowd and water. But long after the most of the kids were done, we heard cheering in the distance. I'll tell you why on Thursday.

What are you prepared to do today?

Dr. Chet

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