

# KIDS OF STEEL

## 2014 TRAINING GUIDE



# WELCOME TO KIDS OF STEEL!

This training manual will give you everything you need throughout your training period. Whether you are doing this by yourself or as part of a group, know that we are always here to answer questions. You can find more information at:



[pittsburghmarathon.com](http://pittsburghmarathon.com)



DICK'S Sporting Goods Pittsburgh Marathon



@PGHMarathon



Pittsburgh Marathon



Pittsburgh Marathon



[pghmarathon](https://www.instagram.com/pghmarathon)

Thank you from the entire staff of Pittsburgh Three Rivers Marathon, Inc. for joining this year's Kids of STEEL Program. We look forward to helping you discover lifelong, healthy habits.

Get your running shoes laced up, your water bottle filled and your healthy snack handy as we get ready to run!

Sincerely,

**Katie Pavlich**  
Event Program Director

**Michele Nichols, DTR**  
Youth & Wellness Program  
Coordinator

**Nick Fischer, RD, LDN**  
In-House Dietitian

# REGISTRATION

Registration for the Kids of STEEL program (KOS) is completely online. Check out this table to determine how to register.

Program Choices	Cost	Benefits	How to Register
Kids of STEEL program	FREE	<ul style="list-style-type: none"> <li>• Training log</li> <li>• KOS finisher prize</li> </ul>	Visit <a href="http://bit.ly/1qOaPPs">http://bit.ly/1qOaPPs</a>
Kids of STEEL and Toyota of Pittsburgh Kids Marathon  (1 MILE)	\$20 per child  <b>NEW!</b> One (1) adult may run for free with a child. Additional adults are \$10 each.	<ul style="list-style-type: none"> <li>• Training log</li> <li>• KOS finisher prize</li> <li>• Kids Marathon shirt</li> <li>• Kids Marathon race number</li> <li>• Kids Marathon goody bag</li> <li>• Kids Marathon finisher medal</li> </ul>	Visit <a href="http://bit.ly/YC2pnP">http://bit.ly/YC2pnP</a>  Choose option 'Toyota of Pittsburgh Kids Marathon & Kids of STEEL'
Kids of STEEL and UPMC Health Plan/UPMC Sports Medicine Pittsburgh 5K Run  (3.1 MILES)	\$30 per runner (prices increase)  14+ years may run alone Ages 5-13 must have a parent registered for the 5K	<ul style="list-style-type: none"> <li>• Training log</li> <li>• KOS finisher prize</li> <li>• 5K shirt</li> <li>• 5K race number</li> <li>• 5K goody bag</li> <li>• 5K finisher medal</li> </ul>	Visit <a href="http://bit.ly/YC2pnP">http://bit.ly/YC2pnP</a>  Choose option 'UPMC Health Plan/UPMC Sports Medicine Pittsburgh 5K Run'

**Not sure what program to register for?**

**Ask your Kids of STEEL Coordinator for more help, or contact our office at 412-586-7785 or [kidsofsteel@pittsburghmarathon.com](mailto:kidsofsteel@pittsburghmarathon.com)**

# NUTRITION

During the training period, you will be tasting NEW fruits, vegetables, beans and nuts. Remember these tips when trying something new:

1. Always try new foods in front of an adult in case you have an allergic reaction.
2. It can take 10-15 times trying a food before you like it. Keep on trying!
3. Don't judge foods based on what others tell you to like. Try it for yourself before making a decision.
4. Ask an adult to help you make smart choices at the grocery store or farmers market.

On your training log, you will see a column for fruit and vegetable tasting. You will mark the number of NEW fruits, vegetables, beans and nuts you try each week. Make sure you remember what you like, so you can have it again! Check out our fruit and vegetable database through the Kids of STEEL website. Our monthly Kids of STEEL e-newsletter contains recipes each month.

Here are some reputable nutrition sites to check out:



[fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)



[choosemyplate.gov](http://choosemyplate.gov)



[pittsburghmarathon.com/KOS-Nutrition](http://pittsburghmarathon.com/KOS-Nutrition)

# SAFETY FIRST!

No matter how you get your miles, you should always be safe. Here are some good practices for exercising:

1. Always exercise in a safe, well-lit area where an adult can see you at all times.
2. Wear clothes and shoes that fit you well and allow you to move freely.
3. Make it fun – exercise with friends or family for encouragement!
4. Eat healthy foods, so you'll have energy to move.
5. Drink plenty of water to keep your body hydrated, especially if it's hot outside or you find yourself sweating a lot.

# EARNING YOUR MILES

To complete the KOS program, you must earn 26.2 miles. You can earn your miles in a bunch of different ways. The simplest way is to walk or run a mile! However, we know that any movement is good for you so we count other forms of exercise toward your miles. Exercise that results in 15-20 minutes of heavy breathing counts as a mile.

Check out these fun movement ideas from The President's Challenge:

- Aerobics
- Backpacking
- Badminton
- Baseball
- Basketball
- Bicycling
- Bowling
- Boxing
- Calisthenics
- Canoeing
- Cardio Machines
- Cheerleading
- Children's Games
- Circuit Training
- Croquet
- Curling
- Dancing
- Downhill Skiing
- Fencing
- Field Hockey
- Fishing
- Football
- Frisbee
- Golf
- Gymnastics
- Gym Class
- Handball
- Hiking
- Hockey
- Horseback Riding
- Household Tasks
- Inline Skating
- Juggling
- Kayaking
- Kickboxing
- Lacrosse
- Marching
- Martial Arts
- Mountain Biking
- Mountain Climbing
- Pilates
- Racquetball
- Rock Climbing
- Roller Skating
- Rope Jumping
- Rowing
- Running
- Skateboarding
- Skating
- Ski Jumping
- Skiing - Cross Country or Downhill
- Sledding
- Snorkeling
- Snow Shoveling
- Snowboarding
- Snowshoeing
- Soccer
- Softball
- Stationary Bike
- Surfing
- Swimming
- Table Tennis
- Tai Chi
- Tennis
- Track & Field
- Trampoline
- Ultimate Frisbee
- Unicycling
- Video Exercise Workouts
- Video Games - Activity Promoting
- Volleyball
- Walking
- Water Aerobics
- Water Polo
- Water Skiing
- Weight Training
- Whitewater Rafting
- Wrestling
- Yoga

# TRACKING LOG

Name: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

School Name: \_\_\_\_\_

School District: \_\_\_\_\_

Starting Height/Weight \_\_\_\_\_

Ending Height/Weight: \_\_\_\_\_

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Mileage Total	Fruits & Veggies (# new)	Adult Initials
Jan 5										
Jan 12										
Jan 19										
Jan 26										
Feb 2										
Feb 9										
Feb 16										
Feb 23										
Mar 2										
Mar 9*										
Mar 16										
Mar 23										
Mar 30										
April 6										
April 13										
April 20										
April 27										

**Miles** – Run 26.2 miles during the training period (January – May 2, 2015). Write the amount of miles you completed each day of the week, and add them up in the ‘weekly mileage total’ column. Please have a supervising adult initial your log each week. If you don’t run a complete mile at a time, miles may be recorded in ½ mile increments. Exercise that results in 15-20 minutes of heavy breathing counts as a mile.

**Food** – try 2-3 new fruits, vegetables, beans and nuts each week, and write the total number in the ‘fruits and veggie’ column. Always try new foods in front of an adult in case you have an allergic reaction.

You must turn in your completed log to receive your finisher prize. If you are attending a race on Saturday, May 2, 2015, please bring your completed log to the Kids of STEEL tent in Point State Park. If you are not attending a race, please turn your log in to your teacher for your finisher prize.

# PROGRAM FAQ

1. **WHAT IS THE DIFFERENCE BETWEEN KIDS OF STEEL AND TOYOTA OF PITTSBURGH KIDS MARATHON?**

The **Kids of STEEL** program is the overall program where children run a marathon (26.2 miles) over a four month period and taste new fruits, vegetables and nuts along the way. There is NO COST to participate in the program.

The **Toyota of Pittsburgh Kids Marathon** is the culminating event of the Kids of STEEL program. Children can run their final mile at the Kids Marathon with family and friends. There is a \$20 per child registration fee for the Kids Marathon.

2. **HOW CAN I DOUBLE CHECK IN WHICH PROGRAM/EVENT I REGISTERED MY CHILD?**

Check the confirmation email you received when you registered online. You can also ask your site's Kids of STEEL coordinator or contact Pittsburgh Three Rivers Marathon, Inc. (P3R) at 412-586-7785 or [kidsofsteel@pittsburghmarathon.com](mailto:kidsofsteel@pittsburghmarathon.com)

3. **I MADE A MISTAKE WHEN REGISTERING. WHAT DO I DO NOW?**

Contact Pittsburgh Three Rivers Marathon, Inc. at 412-586-7785 or [kidsofsteel@pittsburghmarathon.com](mailto:kidsofsteel@pittsburghmarathon.com) and we will help you out.

4. **I HAVE CHILDREN ATTENDING A KIDS OF STEEL SCHOOL THAT MY OTHER CHILDREN DON'T ATTEND. CAN WE LIST THEM AT THE SAME SCHOOL?**

Yes! We suggest you check with your school's KOS coordinator first to make sure they are ok with listing siblings as students. Coordinators receive a roster of participants from P3R. If they don't know your other children, they may ask our office to remove these names from the list. Listing all of your children with a KOS school ensures their race items are sent together to the school (if the KOS school decides to take advantage of the option to pick up race items ahead of time).

5. **WHAT DO I DO WITH MY CHILD'S COMPLETED TRAINING LOG?**

You must turn in your completed training log to receive your finisher prize. If you are attending a race on Saturday, May 2, 2015, please bring your completed log to the Kids of STEEL tent in Point State Park. If you are not attending a race, please turn your log in to your teacher for your finisher prize.

# RACE FAQ

## 1. HOW WILL WE KNOW WHAT TO DO ON RACE DAY?

Instructions will be messaged via our Kids of STEEL e-newsletter and our website ([pittsburghmarathon.com](http://pittsburghmarathon.com)) as we get closer to race day.

## 2. DOES THE KIDS MARATHON OR 5K SELL OUT?

The Toyota of Pittsburgh Kids Marathon sold out two months prior to race day last year. If you think your child wants to attend the Kids Marathon, please make sure you register early. The 5K generally has registrations available through race weekend.

## 3. IS THERE A FEE TO RUN WITH MY CHILD AT EITHER THE KIDS MARATHON OR 5K?

**NEW THIS YEAR** for the Kids Marathon – each registered child will receive one race number for themselves and one race number for an adult. Additional adults wishing to run with a child at the Kids Marathon will need to purchase a race number on race day. All proceeds will fund registrations for underprivileged children. Please note that adults do not receive a t-shirt, finisher medals or goody bag – they are for the kids only!

All 5K participants must pay the registration fee. 5K participants receive a shirt, race number, finisher medal and goody bag. Children 14 years and older may run the 5K without a parent. Children 5-13 must have a parent registered for the 5K .

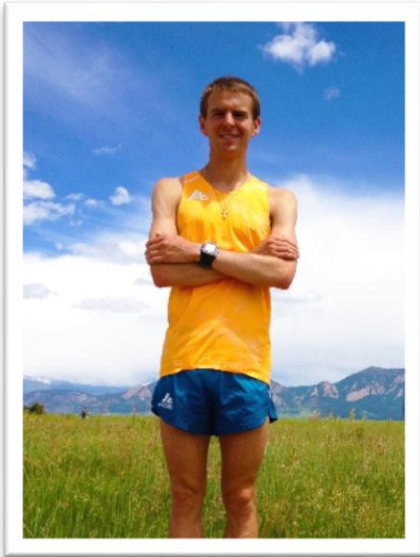
## 4. HOW WILL WE RECEIVE OUR RACE ITEMS FOR THE KIDS MARATHON OR 5K?

Participating sites have the option of picking up race numbers and shirts prior to race day for the Kids Marathon **ONLY**. Please check with your site's KOS coordinator to see if they will take advantage of this option. If your site isn't picking up ahead of time or if you are participating in KOS as an individual, pick up will be at the GNC Live Well Pittsburgh Health and Fitness Expo on Friday, May 1, 2015 OR on race day. Check our website for Expo hours and race day packet pick up hours closer to race day.

5K race items are not available for pre-race pick up. If you are registered for the 5K you will pick up at the GNC Live Well Pittsburgh Health and Fitness Expo on Friday, May 1, 2015 OR on race day. Check our website for Expo hours and race day packet pick up hours closer to race day.



# FROM THE PROS



"I love running for the fact that it has given me an outstanding platform for personal development and growth. When we challenge ourselves, we learn a lot more about who we are. Running keeps us fit and teaches us to endure; we can expand our lungs and minds at the same time!"

A handwritten signature in black ink, appearing to read 'Jeffrey Eggleston'.

Jeffrey Eggleston  
2011 Pittsburgh Marathon Champion  
2x IAAF World Championships Qualifier (2011, 2013)

"Once I was running in a championship race when I tripped and fell. I saw my competitors running away from me. I could have quit the race then but I got back up and chased them down. I finished faster than I had ever run before. If I quit then, I would not have given myself the chance to finish my best race. Always give yourself a chance. Even if the chances look slim, you just might reach your goal. Never give up on your dreams!"

A handwritten signature in black ink, appearing to read 'Clara M. Santucci'.

Clara Santucci  
2014 Pittsburgh Marathon Champion



**"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.**

**– Dr. Seuss, *Oh, The Places You'll Go!***



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