

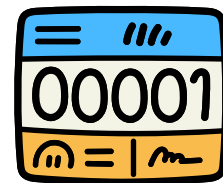


# KIDS MARATHON RACE DAY CHECKLIST

**TIED SHOES**



**RACE BIB**



**WATER BOTTLE**



**SLEEP THE NIGHT BEFORE**

**A HEALTHY BREAKFAST**



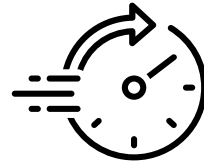
**A GOOD ATTITUDE**





## KIDS MARATHON DURING RACE CHECKLIST

**PACE YOURSELF**



**KEEP GOOD FORM THROUGHOUT**



**WATER BREAK**



**ENCOURAGE YOUR FRIENDS AND FAMILY**

**HIGH FIVE CHICK-FIL-A COW**



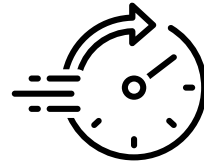
**SPEED BOOST AT THE FINISH LINE**





## KIDS MARATHON AFTER RACE CHECKLIST

**GET YOUR MEDAL**



**POST RACE SNACK**



**DRINK WATER**



**GOODY BAG**

**CONGRATULATE A CLASSMATE  
OR FAMILY MEMBER**



**ENJOY THE  
FESTIVITIES AT THE  
POINT**

