

Getting Started with the Kids of STEEL Program



What is Kids of STEEL?

The Kids of STEEL program is brought to you by the Youth Programming Department at Pittsburgh Three Rivers Marathon (P3R). P3R is the engine behind Pittsburgh's greatest races including the DICK'S Sporting Goods Pittsburgh Marathon, EQT 10-Miler, and many more. P3R is a non-profit dedicated to inspire any and all to MOVE with us!

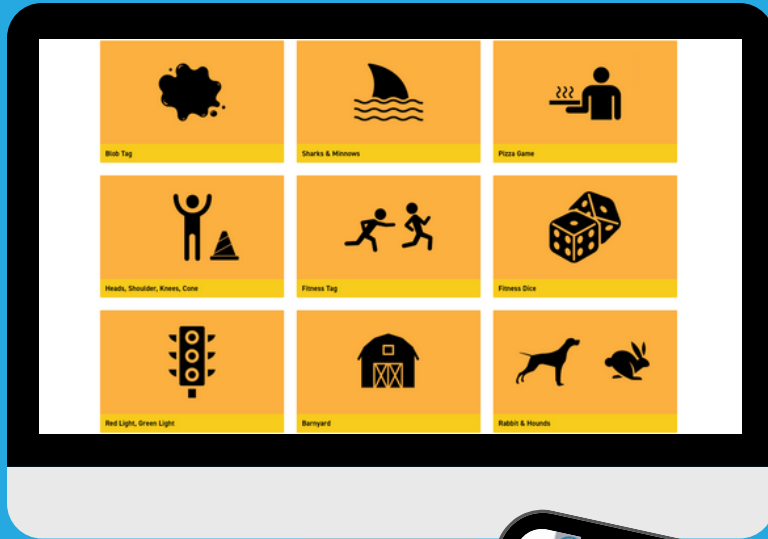
The Kids of STEEL program is a FREE youth introductory running program. Our mission for the program is to get students and families to the start line of their fitness journey through approachable programming and digestible resources.



Program Overview

The Kids of STEEL program is designed to facilitate children leading healthy and more active lifestyles. With that in mind, the program is very flexible. To support you in this initiative, our team has developed a formal curriculum with over 30 practice sessions, a 5K training plan, and a glossary of over 70 fitness games and virtual workout content that can be found at workoutsofsteel.com.

We encourage sites and coordinators to shape their implementation of the program around what works for them.





KIDS OF STEEL MILEAGE LOG

Make a plan to move every day! To get ready for race day, walk and/or run three to four days a week. Use the mileage log below to record the time/distance you spent running, walking, or being active any other way.



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1							
Week 2							
Week 3							
Week 4							

Looking for new ways to be active? Visit workoutsofsteel.com for free fitness games, video workouts, and running drills for kids of all ages and a variety of settings and group sizes.



Show off your log! Tag us on social media. Follow us for training tips, physical activity resources, and race updates.

    @kidsofsteelppgh

Program Overview

The premise of the program is for participants to complete 25 “training miles” as part of the program. These “training miles” can be completed at Kids of STEEL practices, during recess, or any time that students are being active (sports practices, extracurricular activities, etc.). For logging purposes, 15 minutes of exercise equals 1 mile. If (and when) students achieve more miles, the better!

Each season (fall or spring) culminates with an exciting capstone event. In the fall, this is the Dollar Bank Junior Great Race and in the spring it is the Chick-fil-A Pittsburgh Kids Marathon. Children acquire at least 25 “training miles” and run one of these 1-mile capstone events totaling, 26.2 miles—the length of a full marathon as part of the Kids of STEEL program!



Move Together on Race Day!!



Kids of STEEL is currently active within...

230

**Schools and
Community Sites**

99

**School
Districts**

17

Counties

10,000+ Participating children per year.

97% Satisfaction rating from participants and coordinators.

\$80,000 Raised for schools and community groups through grants for PE equipment, shoes for kids in need, event sponsorships, race day transportation grants, and free race registrations each year.

Implementing the Program

Kids of STEEL is flexible to fit your community's needs and bring a fun, structured fitness program into a variety of environments.

1 Before or After School Program

The program is implemented as a club that meets in a before or after-school setting. Students arrive early or stay after school to participate in the program.

2 Physical Education Integration

Integration into a physical education class or setting includes dedicating a unit or day(s) to running or implementation of the Kids of STEEL program.

3 Satellite Program

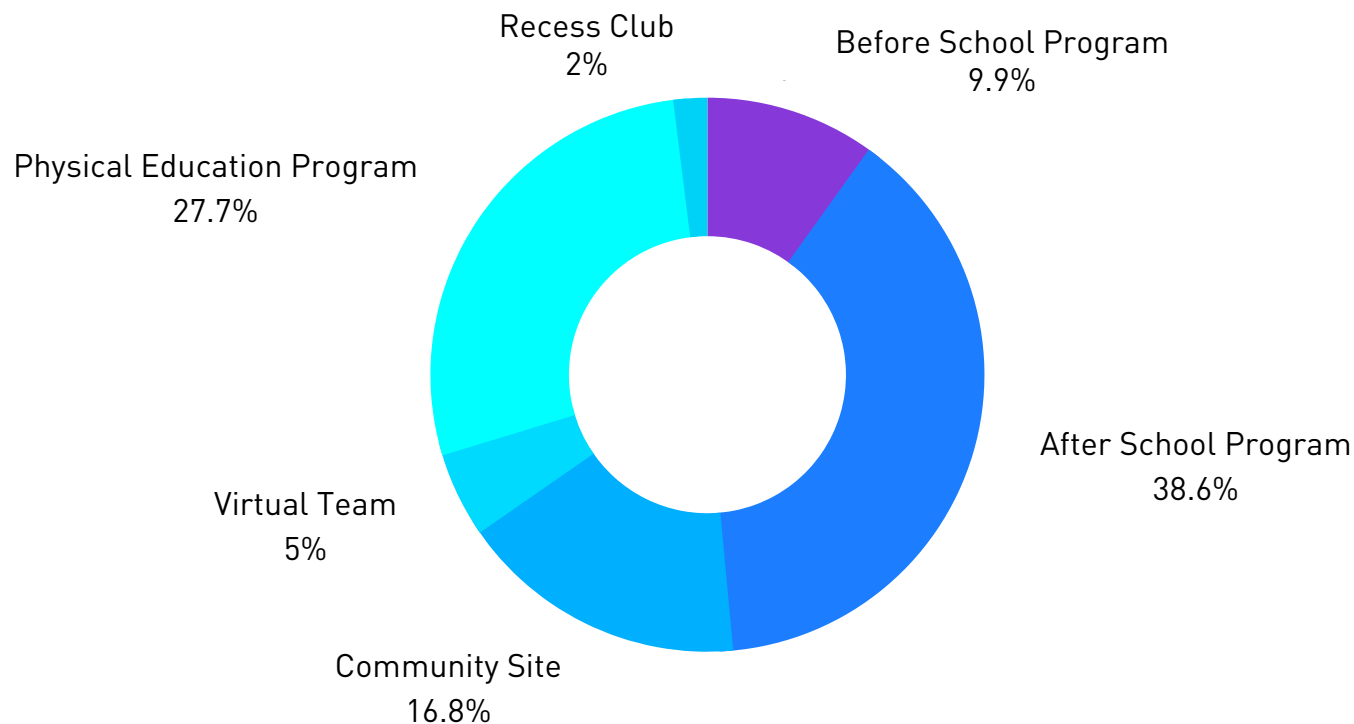
A point contact from your site will share information and resources with families, with participation in the program being remote and independent for families. For example, a teacher may share a mileage log and support materials with students in which the students will independently participate in the program at home with check-ins or infrequent gatherings as a "team".

Program Implementation Breakdown

Kids of STEEL teams met in the following ways: as a before school program (13% of sites), after school (35%), community/nonprofit site (12%), satellite program (launched in schools for program completion at home, 18%), and part of a school's physical education curriculum (22%).

Kids of STEEL Implementation Breakdown

2022-2023 School Year Data





How We Can Support You

As a participating Kids of STEEL site, we provide unmatched support to ensure the success of the program at your site in addition to removing as much administrative work for the coordinator as possible. To ensure that the program is successfully promoted at your school we provide flyers, parent letters/permission slips, digital/social media content, and giveaways in addition to engaging kickoff events led by our staff upon request- including but not limited to: family fitness nights, all-school assemblies and guest appearances by our staff.



Once the program is underway, our staff is available to visit your site to lead or support practices as you deem fit.



How We Can Support You

Becoming a participating Kids of STEEL site also grants your site special access to exclusive grant opportunities including physical education grants to purchase new equipment or to fund a new health and wellness initiative at your school amongst many additional opportunities including middle school and transportation grants. Additionally, official sites receive 5 free Kids Marathon registration codes in addition to discounted registration codes for various events.

In addition to site perks, we also have provisions for coordinators including free coach apparel, free access to our events including the DICK'S Sporting Goods Pittsburgh Marathon and EQT Pittsburgh 10 Miler, and much more!



Frequently Asked Questions

How much does the program cost?

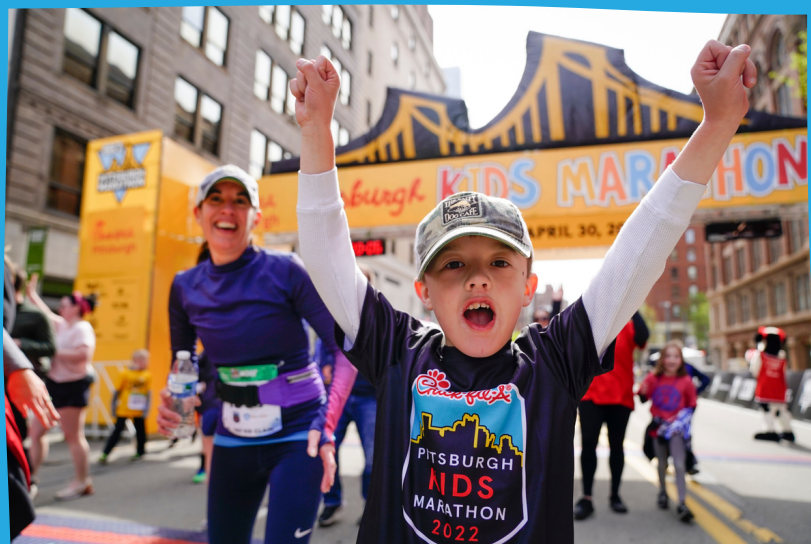
The Kids of STEEL program is FREE. The only cost incurred with the program is the optional race component of the program. These race registrations are taken on by parents as opposed to the programming site.

When does the Kids of STEEL season typically start? How long do seasons last?

The programming season can begin whenever you would like and can last as many weeks or sessions that you have the capacity for. Most “training seasons” begin in January/February and lead up to the Chick-fil-A Pittsburgh Kids Marathon in May.

How frequently do I need to lead practices?

You can lead practices at whatever frequency you would like. This also largely depends on how you are implementing the program but can vary from once a week, once every two weeks, once a month, or even once or twice a “training season.” It is really up to you.



What's Next?

If you are interested in becoming a participating Kids of STEEL site, look no further than completing our official registration that can be found here: <https://bit.ly/kosteamsignup>. This form will capture the information of your site and your determined coordinator. From there, you are an official site and will have the unwavering support of our Youth Programming Team alongside you each and every step of the way.

If you have any questions about the program or would like more information, please do not hesitate to reach out to our team.

For additional information visit KidsofSTEEL.org and follow us on social media [@KidsofSTEELpgh](https://twitter.com/KidsofSTEELpgh).

Contact us via Email at: kidsofsteel@P3R.org