

SASKATCHEWAN MARATHON
maraFUN
PRESENTED BY Nutrien

Let's get running...

My name is Jeff Culbert and I am the MaraFun Race Director working on behalf of the Saskatchewan Marathon Race Committee. This program is geared to school-aged children 5-13 years of age. All children must be 5 years old on race date set by their Team Leader. (Team Leader = Teacher or Parent)

More options with more reasons to get fit and have fun!

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|---|---------------------------|---------|
| 1) 10 Week Program begins March 20 th | (Program updated in 2020) | \$20-30 |
| 2) 6 Week Program begins April 17 th | (new compressed program) | \$20-30 |
| 3) Mara-Family-Fun Program. Four family members (including 1 OR 2 parents), everyone receives t-shirts and medals! *Option to choose 6 or 10 Week Programs. | | |
| \$70-80 | | |

*early bird prices.

This year the MaraFun program runs from March 20th-May 28th (10 Week Program) or April 17th- May 28th (6 Week Program). The virtual program can be run between the dates of May 20th-June 11th, 2023. The MaraFun program gives young people the opportunity to run a marathon in a novel way. Participants will complete 42.2 km by walking, running, or wheeling over 10 weeks. This training will lead them to their community race day where they come together to cap off their hard work with a fun 2.2km run. Everyone running the live event will join us at Diefenbaker Park on Sunday, May 28th, 2023.

Throughout the program, the young athletes will learn about an active lifestyle, how they can maintain an activity program to promote health, and the importance of having personal goals. Creating these goals is what the MaraFun is all about; providing them with skills to build strong character they can take into all facets of their life. This program is very exciting for participants and leaves them feeling very proud of their accomplishments. MaraFun is intended for students in **grades 1 through grade 8**.

We invite you to take part in this amazing program. While it has become virtual, it is still a powerful program with a rewarding race day for the youth of our province. All it requires is a team leader and participants. Following a 10 Week or 6 Week easy-to-follow training program provided by Craven SPORTS Services, the team leader coaches children to run/walk/wheel a specific number of kilometers per week. We provide the Team Leader with the program, tracking sheet and support along the way.

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Included in your 2023 registration:

1. A finisher's medal
2. A 6 or 10 Week easy-to-follow training program from Craven SPORT services.
3. A t-shirt with an area to personalize your race bib. (If registered before April 1st)
4. Digital MaraFun race certificate.
5. Access to our MaraFunprivate page with additional content, videos and more.
6. Chances to win great prizes from the Saskatchewan Marathon partners and sponsors.
7. Plus a few surprises sent out in the "MaraFun Race Kits"

There will be other incentives along the way to encourage participants to complete the program and build a lifelong love of being physically active.

Important deadlines:

March 20 th , 2023	10 Week Training Program begins
April 17 th , 2023	6 Week Training Program begins
April 1 st , 2023	T-shirt deadline (*Must be registered by April 1 st to be guaranteed a t-shirt) *Must confirm if attending the live event or the virtual event.
May 28 th , 2023	LIVE EVENT Fun Run
May 20 th -June 11 th	Virtual Fun Run dates

What's next?

STEP 1 -- REGISTER YOUR SCHOOL or FAMILY GROUP:

<https://raceroster.com/events/2023/64618/2023-marafun-saskatchewan-marathon>

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*If you are not a school (but a group or organization) or new to the program please email Jeff with your Team name & estimated # of students, then Jeff will send you information on how to proceed.

*Every team requires a Team Leader

STEP 2 - We will provide you with the registration package with complete details.

STEP 3 -- REGISTER EACH PARTICIPANT online by **March 20, 2023 for the 10 Week Program** (note parents **must** sign on-line waiver for students). **Or April 17, 2023 for the 6 Week Program.**

STEP 4 - The Team Leaders receive a weekly email with program details, nutrition tips and other items.
Then you are on your way!

Please contact me at jculbert@onpurpose.ca, or by telephone at 306-716-0869. I look forward to hearing from all of you. Especially to watch your videos of all your students/children finishing the MaraFun 2.2k fun run.

- Please feel free to let me know if your friends, families or other teachers might want this information and I can send their way as well. We have schools/groups from ALL over the province come together for this great program. Our new "Family" team makes it more accessible and fun for all.

Thank-you,

Jeff Culbert
MaraFun Race Director
jculbert@onpurpose.ca
306-716-0869

