



RONALD MCDONALD
HOUSE CHARITIES®
BEAUMONT, TEXAS

**Exygon & Baptist Hospitals Gusher Marathon, Exxpress Mart Half Marathon,
Kinsel Ford 5K, ExxonMobil Heads or Tails Cycling Time Trial, & Roughneck
Strength & Fitness Challenge**

Ronald McDonald House Charities of Beaumont Kid's Marathon Club

Since 2011, kids in the Golden Triangle area and beyond have been participating in the Gusher Kids' Marathon Club. What is the Gusher Kids' Marathon Club? It's an opportunity for anyone under 18 to become a marathon finisher.

What do you need to do? It's simple. Have your parent or guardian read the Kids' Club packet at www.thegushermarathon.com. Ask your parent or another family member to walk or run with you a few times a week. Every time you complete a mile, log it. When you attain 23 miles, turn your log into the adult that introduced you to the program (school teacher, parent, family friend). Adults can submit the log via mail, dropping it off at packet pick up, or to our email kidsclub@thegushermarathon.com. We aren't picky about whether or not you use our log or simply type it in an email and send it as long as we have the KMC participant's name, a parent/guardian's name and contact info and child's age. Miles can also be accumulated in PE, at dance class or any other form of physical activity. One hour of activity is equal to one mile. On February 27th, 2016, you'll participate in the Exygon and Baptist Hospitals Gusher Marathon --Kinsel Ford 5K distance. A registration form must be completed and payment for the Kinsel Ford 5K distance received. The program itself is no extra cost.

Log

Submit

Register

Race!

It's that simple!

Club participation will help develop healthy exercise habits that we hope will continue into adulthood. Running is a sport you can participate in anywhere, anytime. As long as you have proper shoes, pavement, or a treadmill, you have all the tools you need to become a lifelong runner. You do not have to be a runner to participate. Walking is a great way to finish a 5K and lots of people register and walk.

Kids' Marathon Club participants, like we hope you will become, are ambassadors of a healthy lifestyle to their friends and family. Can you think of someone in your life that could use some inspiration and motivation? It's amazing to think how exercising a few times a week can lead to healthy changes throughout your whole family! You have the ability to be a hero for yourself, your family, your friends, and your community. I hope our Kids' Marathon Club is your first step on your journey to change the world!!

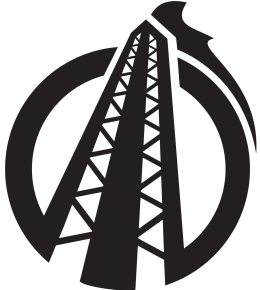
Call Lisa Revia at (409) 782-6017 or email at kidsclub@thegushermarathon.com with any questions.



DATE	NUMBER OF MILES	TOTAL NUMBER OF MILES COMPLETED	DESCRIPTION	VERIFIED BY ADULT



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