

Kids Marathon vs. Fit's Cool School Challenge

GTC is out front leading the charge toward better fitness and health for the Upstate's youth. Our "umbrella" youth program is called "GTC Strides - A Youth Running Program!"

Two of our popular Strides initiatives are the Kids' Marathon and the "Fit's Cool" School Challenge.

The Kids' Marathon

One of our current community development outreach programs is the Kids' Marathon, a youth running program designed to help the children of Greenville County deal more effectively with overweight/obesity conditions by giving them the opportunity to learn daily life fitness skills. The Kids' Marathon is a part of three races:

- Carolina First Reedy River Run, March 5, 2010
- Greer Earth Day Run, April 24, 2010
- Spinx Run Fest, October 2010

How does the Kids' Marathon work? Students in elementary and middle schools are encouraged by their PE teachers to walk, jog, or run 25 miles during PE class, before or after school, or at home over the six weeks prior to each event. Each participating student then registers to run 1.2 miles at the event, thereby completing a full 26.2 miles of training and racing. At the finish line, each Kids' Marathon participant receives a race medallion or certificate and lots and lots of accolades from family, friends and co-runners.

Fit's Cool School Challenge

Over the past four years, another popular youth initiative that the Club has developed is called the "Fit's Cool" School Challenge Series. This series is a vital ingredient in four GTC events:

- Carolina First Reedy River Run, March 5, 2010
- Greer Earth Day Run, April 24, 2010
- Spinx Run Fest, October 2010
- Furman Lake 5K Run (with the Paris Mountain Road Race), December 2010

At each race director's discretion, each Fit's Cool School Challenges involves at least one race—and sometimes all the races—held on race weekend. We encourage students, faculty, staff, parents, and friends of the schools to enter a race and be counted toward the participation tally of their respective schools. Then, as finishers are crossing the Finish Line, we quickly calculate each school's Fit's Cool Tally, which is based on "Percentage of School Enrollment" as well as "Total Participation from Each School." Comparing the Fit's Cool Tallies, GTC then determines the winning schools and awards those top schools with much-needed cash funds for their PTAs. Both public and private elementary and middle schools are eligible to participate.

These are but two of the great youth programs that GTC has developed and is continuing to grow under the GTC Strides banner. We welcome your comments/ideas on our youth and adult initiatives in helping "spread the health" in the Upstate.

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