



We are excited to share that St. Bernard’s will be participating in **Kids of STEEL (KOS)**, a youth exercise and nutrition program created by Pittsburgh Three Rivers Marathon, Inc. (P3R). P3R is a nonprofit organization that is passionate about promoting the love of running and enhancing community access to health & fitness education and activities. Parents are welcome to come and

train with the kids or at home. Parents or guardians are also encouraged to run on race day!



We would like to kick off the program with two immediate activities:

- 1) Registration
- 2) Planning of Training Runs

REGISTRATION:

Please choose the registration option that works best for your child.

- Kids of STEEL Race (*Toddler Trot, Kids Marathon or 5K*) :: <http://www.thepittsburghmarathon.com/>

Choose the race that corresponds to your child’s age and capability.

Plan	Race on May 5, 2018	Cost for Race
Sheetz Pittsburgh Toddler Trot	Toddler Trot is 100 m. Kids receive a KOS Finisher Prize, Toddler Trot Race Number, Toddler Tot Shirt, Toddler Trot Finisher Medal.	\$10 per child (One adult is free)
Toyota of Pittsburgh Kids Marathon	Kids Marathon is 1 mile. Kids receive a KOS Finisher Prize, Kids Marathon Race Number, Kids Marathon Shirt, Kids Marathon Finisher Medal.	\$20 per child* (One adult is free)
UPMC Heath Plan / UPMC Sports Medicine 5K Run	5k Run is 3.1 miles. Kids receive a KOS Finisher Prize, 5K Race Number, 5K Shirt, 5K Finisher Medal.	By March 31 st : \$30 (for one adult and one child) ** Coupon code needed After March 31 st : \$50 each

Registration Notes:

- When you register, please make sure you choose “**St. Bernard School - Diocese of Pittsburgh**”. This will ensure you are included on our team. We will pick up and distribute race items for all folks on our team.
- During registration, you will be asked “Is your child participating in Kids of STEEL?” Please choose “YES.”
- **If you are registering for the 5K:**
 - Please contact Jen for the coupon code.
 - Please choose our site name for child AND any adults running with the child.
 - If we are able to pick up race items prior to race day, we will get these items as well.
- If your child would like to participate in a race but you need financial support, please contact your site coordinator.

TRAINING RUNS:

Starting in March, we will hold training runs on Sundays. More information will follow for these runs. If you are interested in participating, please contact **Jen Cramer** (jen.cramer.3@gmail.com) or **Kate Conquest** (kateconquest@hotmail.com)

Looking forward to an exciting year!

If you have any questions, please let us know.

Jen Cramer (jen.cramer.3@gmail.com) and
Kate Conquest (kateconquest@hotmail.com)



Come and join the fun!!!