

Dear Parent/Guardian,



I am excited to share that Keystone Oaks School District is once again participating in the Kids of STEEL program from P3R, a nonprofit organization that is passionate about promoting the love of running and enhancing community access to health & fitness education and activities.

Kids of STEEL (KOS) is an award-winning, free youth physical activity and nutrition program designed to instill lifelong, healthy habits in children. Each training plan is geared towards age-appropriate exercise and healthy eating habits. See the second page of this letter for information on the different training plans.

During the training period, children will:

- Complete physical activity and nutrition goals based on their chosen training plan.
- Learn the benefits of setting a goal, training for the goal and achieving that goal.
- Track activity and nutrition goals on a training log and turn it in for a finisher prize.
- Have the option to complete the program at one of three events on Saturday, May 5, 2018 during the DICK'S Sporting Goods Pittsburgh Marathon weekend of events.

Children can participate in the free Kids of STEEL training plan and not register for a race. **ALL PARTICIPANTS MUST REGISTER FOR THE KIDS OF STEEL PROGRAM EVENT AND COMPLETE A LIABILITY WAIVER, EVEN IF THEY WILL NOT ATTEND A RACE.**

Registration information is listed on the second page of this letter. The Toyota Pittsburgh Kids Marathon and Pittsburgh Toddler Trot have sold out in previous years, so please register early. Once you register online through RunSignUp, you will receive a confirmation email from P3R with a program guide that includes training plans and training logs.

Aiken students will be participating in a mileage club program. Other students at Dormont, Myrtle, and the Middle School can use sports practice as training time, playing outside, physical education class, recess, taking a walk or enjoying family game time. A district wide training day will be held again in April at Aiken Elementary School.

Please feel free to contact me watenpool@kosd.org if you have any questions or concerns. Be on the lookout for emails from me for important registration information. Thank you!!

Sincerely,

Jennifer Watenpool

Keystone Oaks School District KOS Coordinator

Health/PE teacher Aiken Elementary School



KIDS OF STEEL TRAINING PLANS

1. When you register, please make sure you choose **(your school AIKEN, DORMONT, MYRTLE, OR KEYSTONE OAKS MIDDLE SCHOOL)** to be included on our team. If we pick up Kids Marathon race items prior to race day and your child isn't listed with our school, his/her items will not be boxed up. This includes siblings...if they aren't listed with our school, we will not receive their items. Please choose our school when registering siblings.
2. **If you are registering for the 5K**, 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 the adult's items as well.
3. During registration, you will be asked "Is your child participating in Kids of STEEL?" Please choose YES.
4. If you are unable to register online, please contact your site coordinator for a paper registration.
5. If your child would like to register for a race but you need financial support, please contact your site coordinator.

Program Choice	Cost	Benefits	Online Registration Info
Kids of STEEL (no race)	FREE	<ul style="list-style-type: none"> • Training log • KOS finisher prize 	Deadline: March 1, 2018. Contact site coordinator for registration link.
Kids of STEEL and Pittsburgh Toddler Trot	\$10 per child Adult is free	<ul style="list-style-type: none"> • Training log • KOS finisher prize • Toddler Trot race number, shirt and finisher medal 	Deadline: March 31, 2018 or until race sells out pittsburghmarathon.com . Click the 'Register Now' button and choose Pittsburgh Toddler Trot
Kids of STEEL and Toyota Pittsburgh Kids Marathon (1 mile)	\$20 per child One adult runs free; additional adults \$10 each	<ul style="list-style-type: none"> • Training log • KOS finisher prize • Kids Marathon race number, shirt, goody bag and finisher medal 	Deadline: March 31, 2018 or until race sells out pittsburghmarathon.com . Click the 'Register Now' button and choose Toyota Pittsburgh Kids Marathon & Kids of STEEL
Kids of STEEL and UPMC Health Plan/UPMC Sports Medicine Pittsburgh 5K Run (3.1 miles)	\$30 per person until March 31, 2018; \$50 per person after that date. Must use a coupon code to receive discounted rate.	<ul style="list-style-type: none"> • Training log • KOS finisher prize • 5K race number, shirt, goody bag and finisher medal 	Deadline: March 31, 2018 or until race sells out pittsburghmarathon.com . Click the 'Register Now' button and choose UPMC Health Plan/UPMC Sports Medicine Pittsburgh 5K Run & Kids of STEEL Contact site coordinator for discount coupon code.

