

ERLANGER CHATTANOOGA
MARATHON  WEEKEND
KIDS FUN RUN

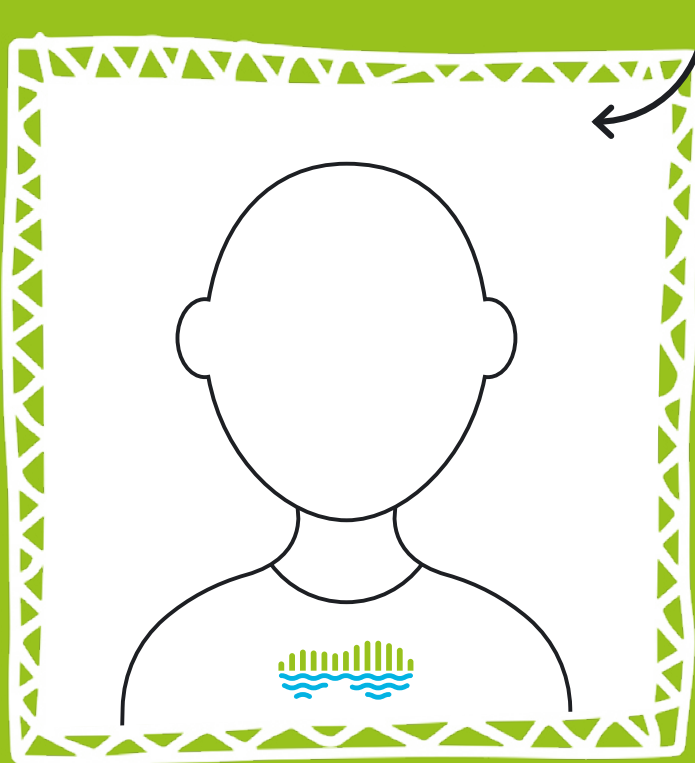


This book belongs to:



ABOUT YOU!

Draw yourself!



My favorite way to stay active is:

My favorite thing to do in Chattanooga is:

My favorite sport is:

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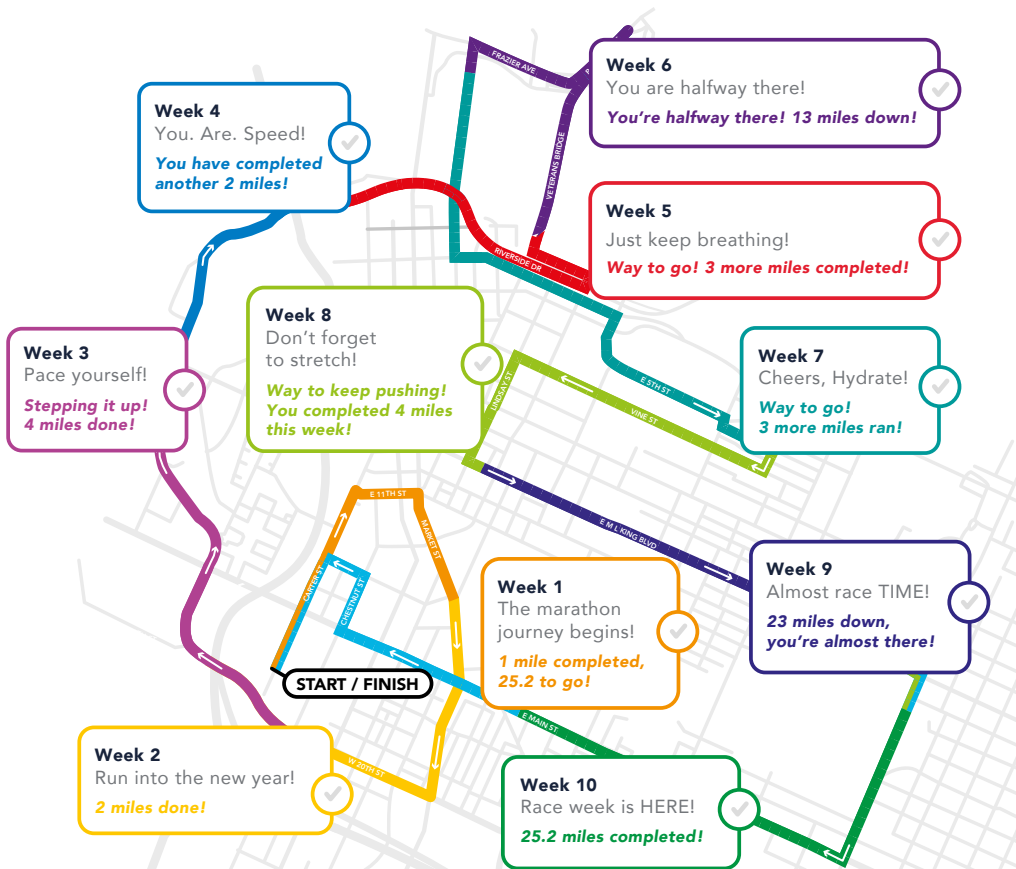


MARK YOUR CALENDAR!

Set your reminders for making progress on your marathon journey!

If you miss a week or sign up late, don't worry, you can always go back and complete your training.

Let's start training! Each week you have a challenge to complete 3x. Once you've completed the week check off the box on this page!



PROGRESS TRACKER

Check off your weekly challenges! Complete each challenge 3x a week.

23
DEC

Week 1
Walk for at least 10 mins.



27
JAN

Week 6
Walk for a few mins to warm up. Intervals: Easy 2 min run, moderate 2 min run, fast 1 min run, repeat 3 times.



30
DEC

Week 2
Intervals: Walk 4 mins, run 1 min, repeat 3 times.



3
FEB

Week 7
Walk for a few mins to warm up, run for 10 min.



6
JAN

Week 3
Intervals: Walk 2 mins, run 2 mins, sprint 1 min, repeat 3 times.



10
FEB

Week 8
Walk for a few mins to warm up, run 12 mins.



13
JAN

Week 4
Intervals: Walk 2 mins, run 2 mins, sprint 1 min, repeat 4 times.



17
FEB

Week 9
Walk for a few mins to warm up, run for 15 mins.



20
JAN

Week 5
Intervals: Easy 3 min run and moderate 3 min run, repeat 3 times.



24
FEB

Week 10
Intervals: Walk 5 mins, run 5 mins, repeat 3 times.

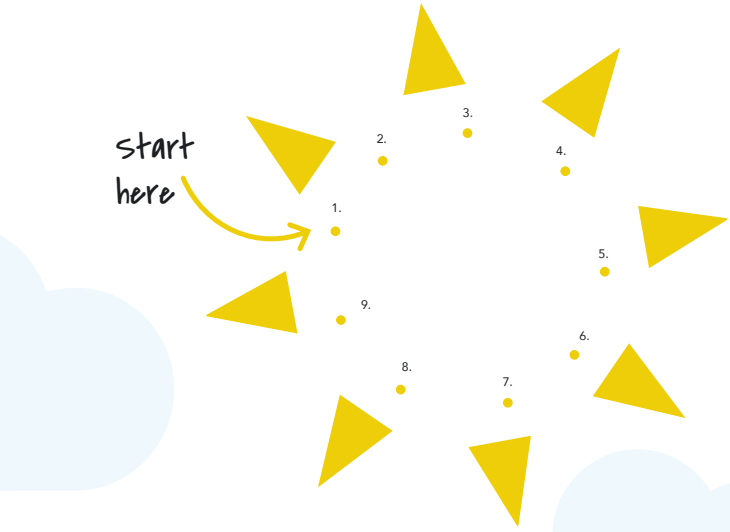


CONNECT THE DOTS

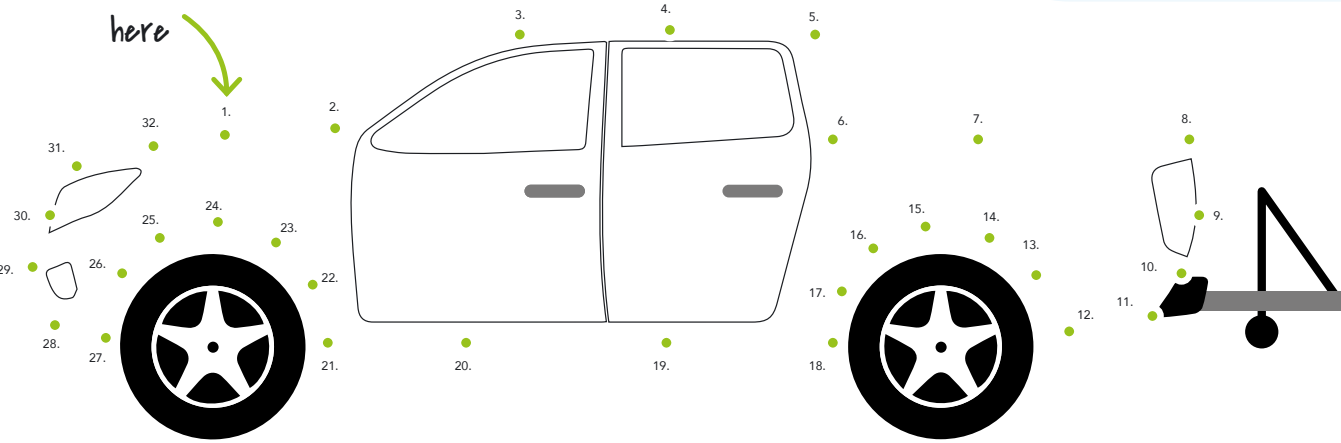
Hometown difference. Truck accessory professionals you can trust.

Proud supporter of the Chattanooga Kids Fun Run.

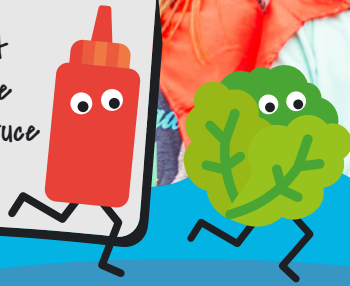
start here



start here



Did you hear about the marathon race between the lettuce and the tomato?



FIND OUT MORE AT 4TNTUSA.COM



DISCOVER CHATTANOOGA



WORD SEARCH

C R E A T I V E D I S C O V E R Y
 E O A D W Y B S L F W V C D O Y B
 G Q M D D G J H X E Y O P C E A R
 D G E U P Y P C K K S N K D K W E
 I U C P I V Q A Z L R C J T K L V
 R C N A Z D W E L E I U K F M I I
 B V C S G Y A A O T W L N U P A R
 T J P M V O F T Y K A M I P U R E
 S N A U R Y O E S W D R A E W E E
 T O O Z B Z X N R Y A K S V G N S
 U H R U S F C E A U E V W F X I S
 N W R S R Z V K Q T D L C F H L E
 L S U F I I E A B Z T W N D H C N
 A I I F R L C M G S T A W I Z N N
 W T Y C O O K U U P Z B H K F I E
 S C O O L I D G E P A R K C Q L T

Find the words in the puzzle

- | | | |
|--------------------|-----------------|------------------|
| Aquarium | Finley Stadium | Ruby Falls |
| Chattanooga | Incline Railway | Tennessee River |
| Coolidge Park | Riverwalk | Walnut St Bridge |
| Creative Discovery | Rock City | Zoo |

WRITE YOUR OWN COMIC!

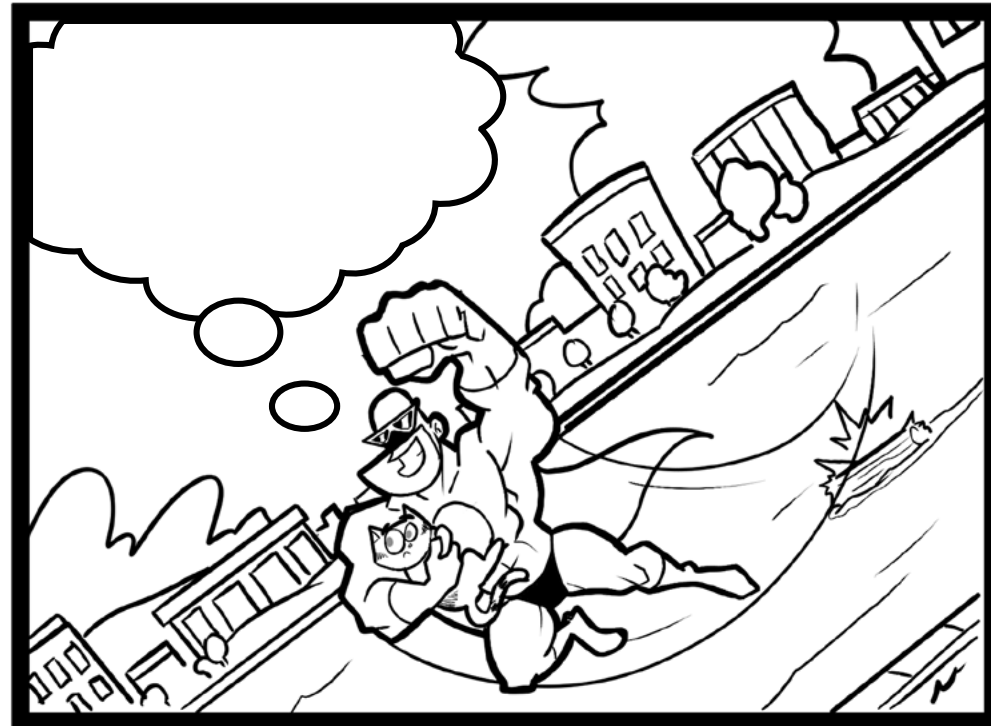
THIS IS A
WORD BALLOON.
SPEECH
GOES HERE!

THIS IS A
THOUGHT BUBBLE.
THOUGHTS
GO HERE!

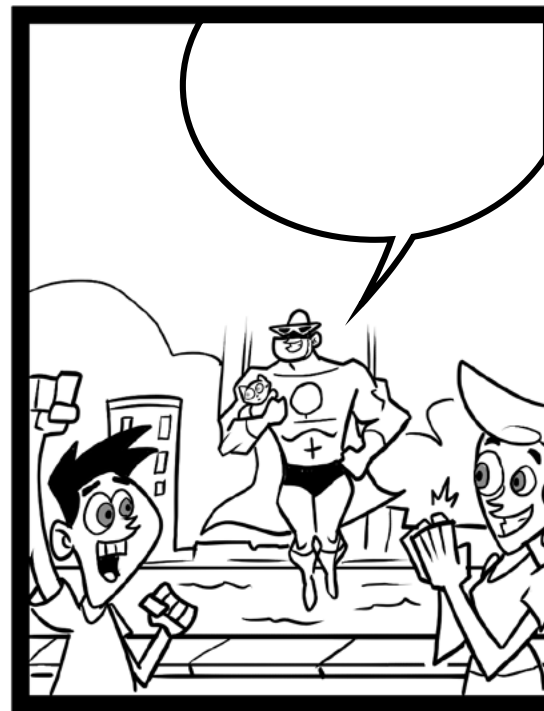
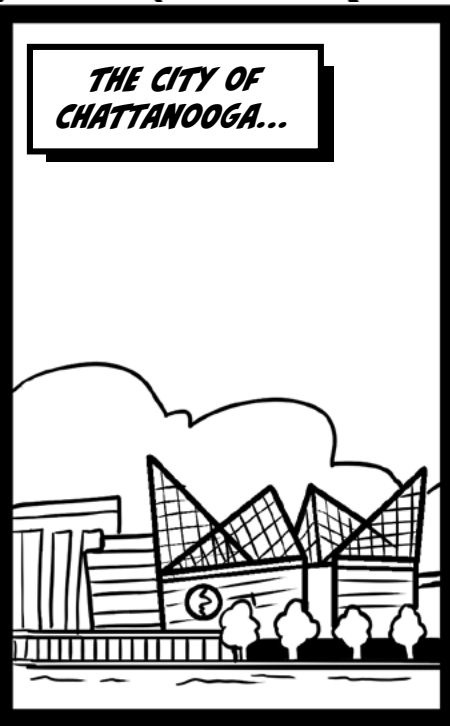
INFINITY FLOX!

NOW FILL IN
THE BLANKS AND
MAKE YOUR
OWN COMIC!

HAVE FUN!
IT'S YOUR
STORY!



THE CITY OF
CHATTANOOGA...



CHATTANOOGA FACTS

2,388ft

is the tallest peak on Lookout Mountain. You would have to **run up and down Lookout Mountain 29 times to run a marathon!**



15 trips

around the bases of AT&T Field equal a mile.

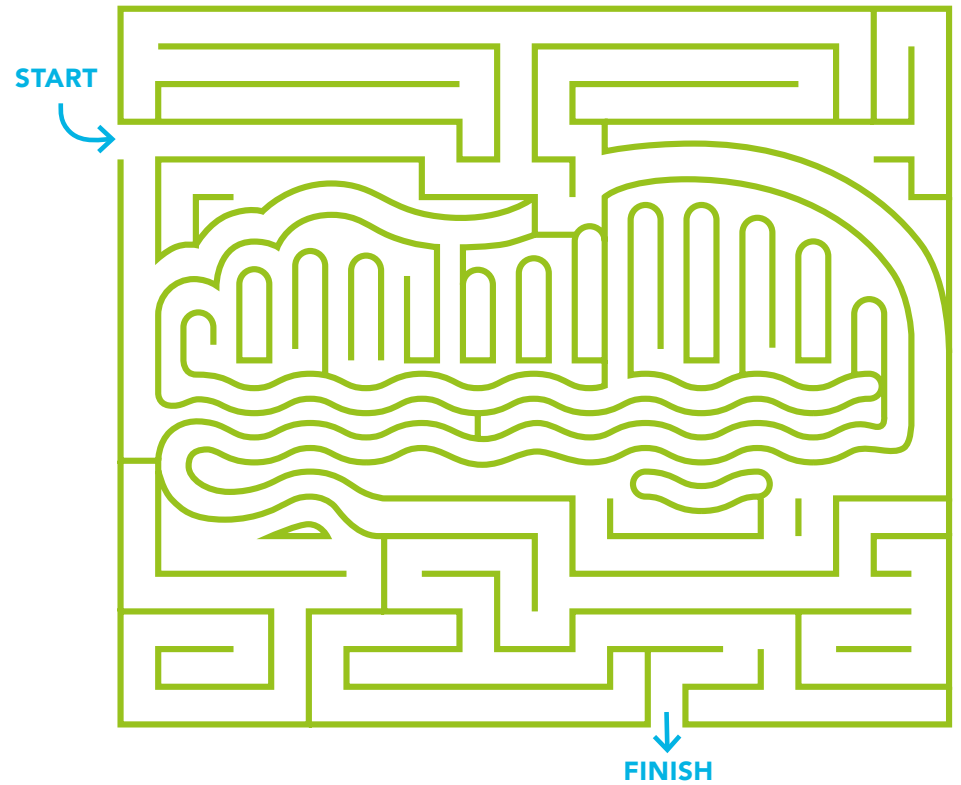
1999

is the year **Coca-Cola began to bottle Dasani Water**, a vital resource to complete any race! Chattanooga is home to the **first Coca-Cola bottling plant.**



MARATHON MAZE

Race your way through the Chattanooga Marathon shoe!



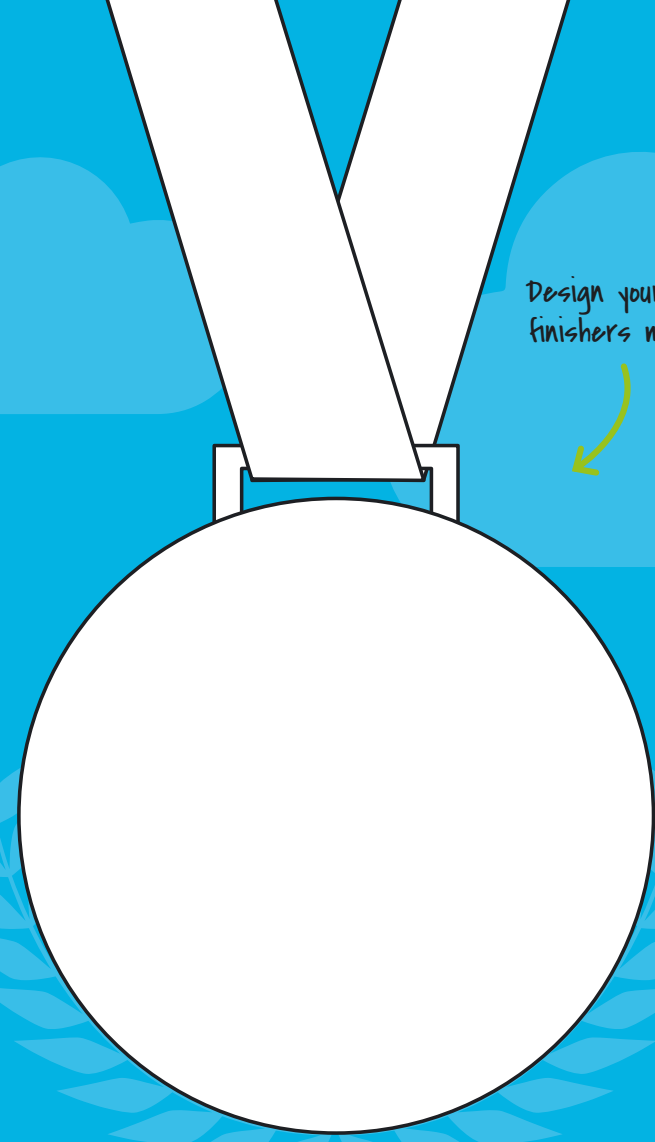
Answer: Your breath!

DRAW YOUR OWN

Draw you and your buddies favorite running outfit.



Don't forget your favorite running shoes!



Design your own finishers medal!



Competition time!

Have your parents take a picture of your medal design and submit it by **March 10th** to our **Facebook page – Erlanger Chattanooga Marathon Weekend** to be in the running to help design next year's Kids Fun Run medal!





Lionhearts Fitness is excited to team up with **Chattanooga Tourism Co.** to inspire you to have fun and stay active through physical fitness!

At Lionhearts, we love Obstacle Course Racing. We climb walls, swing on ropes, run through trails, and most importantly, help each other along the way. Our program is free and open to kids and adults, and our Fitness Center is packed with fun challenges and activities for everyone to enjoy.

We also host camps and classes filled with cool activities like arts and crafts, fishing, and so much more. For us, it's all about having fun while staying active. Some people call it "training," but we call it play!

Winning is great, but what matters most to us is playing together, making friends, and having a blast!



JOIN US! LIONHEARTSFITNESS.COM

Show your Kids Fun Run Medal for Admission to the following Partners!



Free Admission for Kids March 2!



Free Admission for Kids 12 and under, March 1-2!



Show your medal at the ticket office for Free Admission March 1-2!

WHAT HAPPENS NEXT?

Congratulations! You have completed the Kids Fun Run training program!

..... Mark your calendar!

MARCH 1ST, 2025

10:45AM • KIDS FUN RUN

First Horizon Pavilion

1826 Reggie White Blvd., Chattanooga, TN 37408

Be sure to arrive early to check in at registration. Don't forget to **bring your filled-out workbook** with you! Then you'll receive a special gift for participating in the program!

If you have any questions, feel free to email Info@ChattanoogaMarathon.com.

THANK YOU TO OUR SPONSORS!





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ChattanoogaMarathon.com

Info@ChattanoogaMarathon.com

f TheChattanoogaMarathon

@ Chattanooga_Marathon

