



We are excited to share that St. Bernard’s will once again be participating in the **Kids of STEEL (KOS) Kids Marathon**, a 1.2 mile run through downtown on Saturday, May 4th, 2019. Last year, St. Bernard’s had 70 kids and their parents participate! To prepare for the big day, we will be having a number of family training runs beginning in mid-March (more details to follow). This is a GREAT family activity, especially for our younger students. The majority of our participants are usually in pre K-3!

REGISTRATION:

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

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

Kids of STEEL Frequently Asked Questions:
<https://kidsofsteel.org/faqs>



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

Plan	Race on May 4, 2019	Cost for Race
Sheetz Pittsburgh Toddler Trot: 8:30 AM	Toddler Trot is 100 m. Kids receive a KOS Finisher Prize, Toddler Trot Race Number, Toddler Tot Shirt, Goody Bag.	\$10 per child (One adult is free)
Toyota of Pittsburgh Kids Marathon: 1st heat 9:30 AM	Kids Marathon is 1.2 miles. 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: 8AM	5k Run is 3.1 miles. Kids receive a KOS Finisher Prize, 5K Race Number, 5K Shirt, 5K Finisher Medal.	By March 5th: \$40 (\$20 for the first 10 people who register from St. Bernard’s- promo code needed)

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 Kate Conquest (kateconquest@hotmail.com) for the promo 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 Kate. We have been given 5 free entries and would be happy to pass them on to those in need.

TRAINING RUNS:

Starting in March, we will hold training runs on Sundays. These runs are usually about 30 minutes long and are optional. They are for the kids AND their parent(s). More information will follow for these runs. Please let us know once you have signed up for the race so that we can keep you in the loop! **Kate Conquest** (kateconquest@hotmail.com) or **Erin McKenna** (erinmckenna08@gmail.com)

Looking forward to another exciting year!

Kate Conquest (kateconquest@hotmail.com)

Erin McKenna (erinmckenna08@gmail.com)



Come and join the fun!!!