



Dear Parent/Guardian:

Your child's school is participating in the **GO! St. Louis Read, Right & Run Marathon**® program and your child has expressed interest in joining. GO! St. Louis®, a local non-profit organization, encourages individuals and families in the St. Louis region to adopt a healthy and active lifestyle year round.

The **GO! St. Louis Read, Right & Run Marathon**® is a fully integrated marathon program for children in grades K-8 that focuses on literacy, fitness, and character development. Students are challenged to **READ** 26 books, **RIGHT** the community with 26 good deeds and learn to set goals to **RUN** the necessary miles in preparation for their final race. After 26 weeks of hard work, the program culminates each year when the students complete their race day goals of a 1.2 mile race or a 5K race on April 6, 2024.

- Students in grades K-5 will train to complete either a 1.2 or 2 mile race.
- Students in grades 6-8 will train to complete a 5K race.

As a GO! St. Louis Read, Right & Run Marathon® participant, we are here to support you throughout your training journey. Each participant's registration includes:

- An activity journal that allows students to track their books, deeds, and miles.
- Monthly informative emails filled with helpful hints on how to stay motivated, serve your community and book recommendations!
- Race bib, t-shirt, and finisher's medal upon crossing the finish line.

Please direct any questions to **Karen Tilford**, tilfordkaren@gmail.com. For more information on this nationally recognized youth program, visit: gostlouis.org/rrrm.

We hope you will consider having your child participate in this annual event. Research shows that regular exercise actually improves many areas of brain function including memory, stress reduction, and attention span. All of these areas point toward academic success.

Sincerely,

GO! St. Louis