



## 2020 500 Festival KidsFit Program



### What is KidsFit?

The 500 Festival KidsFit Program gets Indiana kids moving while teaching them how to pursue a healthy lifestyle. This free, customizable program is designed for kids in grades K-6 and is available to Indiana schools and groups. KidsFit participants complete weekly lessons with an Indy 500 theme and run or walk one mile each week with the, "Start Your Engines" running plan. By the end of the program, kids will have completed 13.1 miles – the equivalent of a half marathon!



### KidsFit Final 5K | Downtown Indianapolis

500 Festival KidsFit participants in grades 4 - 6 can complete their Final 3.1 miles on **May 2, 2020** at the KidsFit Final 5K, just before the start of the OneAmerica 500 Festival Mini-Marathon! They'll use the same start and finish line as the Mini-Marathon – complete with grandstands filled with cheering fans. KidsFit participants receive a discounted entry, a KidsFit t-shirt, medal, a trip through runner services and an experience they'll never forget!

*Groups must be registered for the 2020 KidsFit Program to be eligible for the Final 5K.*



### Mobile Runs at Your School!

Students in grades K-6 can experience the fun and excitement of a 500 Festival running event through a KidsFit Mobile Run. Mobile Runs are offered to schools free of charge and the 500 Festival provides all resources, including a Start/Finish Line and festive décor.

*Groups must be registered for the 2020 KidsFit Program to be eligible for Mobile Runs.*



### Important Dates

**October 4, 2019:** 2020 KidsFit Program Registration Deadline

**January 2020:** KidsFit Program Material Distribution

**February 2020:** Final 5K registration details sent & Mobile Run application opens

**March 2020:** Final 5K registration/Mobile Run applications close

**May 2, 2020:** KidsFit Final 5K & OneAmerica 500 Festival Mini-Marathon

### Questions?

Contact Adrienne Johnson,  
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