

Asheville JCC's My First Marathon



All children are invited to participate in the Asheville JCC's "My First Marathon!"

Here's how it works:

Take as much time and as many runs as you want to complete 26.2 miles. We will provide you with a special runner's log to keep track of your distance each time you run! Also receive special training tips from Form Fitness & Function to help you build your endurance and improve your running technique.

Children 12 and under can register at www.jcc-asheville.org. Once we receive your registration, we will send your runner's log. After completing your 26.2 miles, send us your completed log, and we'll give you a special certificate of completion! Registration is free!

If your child has previously completed "My First Marathon," then they may participate again in "My Next Marathon."

Asheville JCC Falafel 5K



**Asheville, North Carolina
04:26:15**

Want to celebrate completing your marathon with lots of other kids?

Finish your marathon with us at the JCC's Falafel 5K (3.1 miles) or at the Camp Ruach Kids Fun Run (run your last mile) on **Sunday, April 26th**. Register for the Falafel 5K and Camp Ruach Kids Fun Run at www.jcc-asheville.org. Then bring your runner's log to the race packet pick up. "My First Marathon" runners who participate in the Falafel 5K or Camp Ruach Fun Run will be given special recognition and will get a **special prize, courtesy of the Asheville Tourists!**

Special thanks to all of the "My First Marathon" Sponsors

