

FINAL MILE

Kid's Fitness Program | Newport Rhode Races Beach Mile

8 Week program

The ideal start date is the last week of February with program participants running about 3 miles a week over 8 weeks, with a goal of completing 25 miles over the course of the program. The FINAL MILE of their "marathon" will be on race day at the Newport Rhode Races, finishing as part of the Beach Mile event and under the official race finish arch.

Eligibility

The Final Mile Fitness Program is available to any youth group or school. The program is free and just requires a Program Coordinator or Chairperson to run with the kids during the 8 weeks.

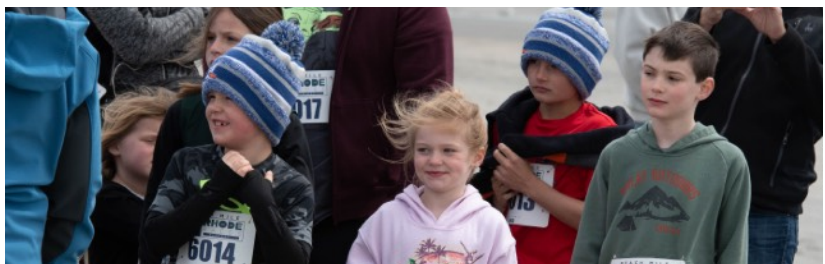
Finish Line Feels

Participants will receive a Final Mile t-shirt and Beach Mile medal once they cross that Finish line at the Newport Rhode Races. The Beach Mile will be open to the public as well, so should make for a fun and lively race day.



Final Mile Fitness Program

Rhode Races & Events would like to invite your program to the FINAL MILE fitness initiative. We are partnering with local schools and children's programs in an effort to encourage fitness and healthy goals in our local community. The Final Mile is an 8 week program in which children will be asked to run a total of 25 miles over those 8 weeks. At the end of the 8 weeks, the children are invited to run the FINAL MILE at the Newport Rhode Races on April 15, 2023 with the marathon finishers. The Final Mile will be part of the Beach Mile event, starting at noon on Easton's Beach. It will be up to the Program Coordinator to structure the training and ensure completion.





Program Notes

The Beach Mile event is free to any child that completes the 25 miles over the 8 weeks. We will rely on the Program Coordinator to:

- Structure the training program as best fits their schedule and weather delays.
- Ensure completion of the 25 miles.
- Provide Rhode Races with the names for race registration by April 1st. We will send a link for the participants to register for the free entry.

Where this is a new initiative, feedback and communication will be critical to the success. Our goal is to provide a safe and fun incentive to get kids moving, teach life long health habits, encourage goal attainment and give them a fun running memory.

For more information, please contact info@rhoderaces.us or call 401.427.7764.



Race Day

The Beach Mile will start at noon on Easton's Beach. Parking is available in the West Lot. (There will be no access to the East Lot as the Marathon will still be in progress). Participants are asked to check in by 11:45am and line up at the starting line by 11:50am. The start will be adjacent to the finish line, at the east end of the beach. The mile will be on the sand so please be aware that the conditions will vary. The course is out and back, with the finish of the Beach Mile joining our marathon finishers under the Newport Rhode Races finish arch.

All participants will receive a race shirt and medal to show off their completion of the Final Mile program.

The Beach Mile will be open to the public, and our Newport Rhode Races marathon will be finishing up. We ask that you be mindful of the marathon finishers and provide plenty of room for their finish line memories as well.

Program participants may have family or friends join them for the final mile, but all participants must be registered in our race system.

Please visit <https://newport.rhoderaces.com/> to register for the Beach Mile.

