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# News Release

**For Immediate Release**

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## **RUNNERS ON YOUR MARK, GET READY, GET SET, GO!** *Students at Toluca Lake Elementary School Get Healthy as They Run*

(Los Angeles)—By the time runners gather at the starting point for the L.A. Marathon on Sunday, students from Toluca Lake Elementary School will already be resting on their laurels. Their big event, the 1.2-mile KiDSMARATHON, is scheduled to take place the day before at Dodger Stadium.

"I am delighted that students at Toluca Lake Elementary School will be running in the KiDSMARATHON," said Los Angeles Unified School District (LAUSD) Boardmember Tamar Galatzan. "With such great training at an early age, it would not surprise me to see them running in the 26.2-mile version."

Preparation and perspiration, the key ingredients of their training routine, takes place after school with the District's Beyond the Bell Youth Development Program and the KIDSMARATHON Foundation. The goal—completion of a few laps during each training session adding up to 25 miles and capped with the 1.2-mile run on Saturday for a grand total of 26.2 miles—the official length of the L.A. Marathon.

During the run up to the race, students received encouragement from Olympic medalist and world champion runner Rod Dixon. He joined the youngsters during a recent training and lauded the partnership between LAUSD and the L.A. Marathon. "What LAUSD does is quite unique," he said of the program in many elementary schools. "It shows others what kind of program they can do and how they can replicate it. This type of program increases participation in the L.A. Marathon."

If not now, maybe later. "We are trying to reach out to runners from 7-years-old to 77-years-old," said Bryan Ogle, a representative of K-Swiss, a sponsor of the L.A. Marathon.

Also at that training, Los Angeles City Councilman Tom LaBonge praised the youngsters. "Good health is really important and exercise is a part of that," he said, adding, "Isn't it great to be out in the fresh air?"

(more)

LAUSD Superintendent Ramon C. Cortines, a former high school track star and jogger, said, "A lifetime of healthy habits starts with small steps at a young age. Good luck to all of our students who are participating in the KiDSMARATHON and congratulations."

Along with Toluca Lake Elementary School, students from other elementary schools throughout the District will be participating in the KiDSMARATHON as well. They are: 4<sup>th</sup> Street, 24<sup>th</sup> Street, 32<sup>nd</sup> Street, Alexander Science Center, Alexandria, Anton, Ascot, Cantara, Caroldale Learning Community, Dayton Heights, Evergreen, Harrison, Haskell, Liggett, Lorne, Marvin, Meyler, Purche, Ranchito, Rockdale, Russell, San Pedro, Tulsa, Wadsworth and Western.

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