



- **RUN TALL:** Keep the body tall and upright and always look forward
- **ARMS BENT:** Move bent arms in a straight line (do not cross your body)
- **RELAX:** Relax your shoulders and hands
- **BREATHE DEEPLY:** Breathe deep into your belly
- **KEEP HYDRATED:** Drink plenty of water even on cold days and during the winter months



**YOU ARE A MARATHON KID!**