Program Overview
The Get Ready to Run program introduces students to the benefits of running, physical fitness and healthy lifestyle choices in a fun and rewarding way! Our goal is to assist K-5th graders in building endurance, setting and accomplishing long-term fitness goals and enhancing their self-esteem while teaching valuable lessons about making health and fitness a regular part of their lives.

Participating students and faculty learn together and share their experiences by building a story board. The boards will be displayed at the Mississippi Blues Marathon Expo during Packet pick up.

Benefits of Get Ready to Run
- Schools will receive the Get Ready to Run activity guide.
- Students will receive incentives as they complete identified milestones.
- Students participating in Get Ready to Run will be eligible to participate in the Mississippi Blues Marathon Kids’ One-Mile Fun Run at no cost.
- Students can also help win a reward for their school.
  - 1st Place - $2,000 grant will go to the school with the highest percentage (with a minimum participation of 10%) of their student population in grades K-5. The 1st place school will be invited to the Blue Cross & Blue Shield of Mississippi campus for their check presentation, to take part in a run on our blue walking track, to participate in fun physical activities and to enjoy healthy snacks.
  - 2nd Place - $1,500 grant will go to the second highest percentage (with a minimum participation of 10%) of their student population in grades K-5.
  - 3rd Place - $1,000 grant will go to the school with the third highest percentage (with a minimum participation of 10%) of their student population grades K-5.
  - Story Board - $500 grant will go to the school depicting the “Get Ready to Run” theme with the best health message.

How to Get Started
- Communicate with your school leaders, faculty and parents as soon as possible to ensure there is support for the program.
- Submit the attached Get Ready to Run school registration form via email.
- Contact Blue Cross & Blue Shield of Mississippi Foundation Health & Fitness Coordinator, Eugenia King, at getreadytorun@bcbsms.com or 601-664-5447 to schedule program orientation.
- Send parent information home with students.
- Designate a kick-off day at school! Have mystery or guest runners come to school and run with students; could be a parent, teacher, local fire fighter or police officer, high school or college athletes.