



News

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Elementary Schools Get Ready to Rock into Fitness *San Antonio Sports School Rock Challenge Encourages Kids to Go the (Marathon) Distance*

[San Antonio Sports](#) will launch *School Rock Challenge*, a school-based fitness program that is a partnership of the nonprofit San Antonio Sports and Kids Rock/Rock 'n' Roll San Antonio Marathon & 1/2 Marathon. The San Antonio Sports *School Rock Challenge* will begin in September 2009 in participating area elementary schools. For 10 weeks, children in grades K-5 will follow a walking or running training schedule during which they will cover 25.2 miles. *School Rock Challenge* will culminate with school-based celebrations on Friday, Nov. 13 during which students will complete their final mile and the 26.2 mile marathon. Kids Rock will be held the following day, and the Rock 'n' Roll San Antonio Marathon & 1/2 Marathon will be held on Sunday, Nov. 15.

School Rock Challenge will complement San Antonio Sports' Valero Go!Kids Challenge™, an eight-week program that encourages and motivates kids to exercise 30 minutes a day, six days a week. The Valero Go!Kids Challenge will begin in February of 2010. Both programs are offered to area school districts at no cost.

(more)

“Now San Antonio Sports can offer elementary schools a two-semester program for health and fitness,” says Susan Blackwood, executive director, San Antonio Sports. “We know that inactivity is a major contributor to childhood obesity and its associated health risks. These two programs will help get kids moving throughout the school year.”

For more information on School Rock Challenge or the Valero Go!Kids Challenge, contact San Antonio Sports at 210.820.2100 or visit SanAntonioSports.org.