



Iowa Kidstrong See-Us Run Des Moines

The mission of Iowa Kidstrong's See-Us Run Des Moines is to help teens who face adversity in their lives learn that they are capable, resourceful and resilient to respond to life challenges by providing them the opportunity to experience first-hand the benefits of goal-setting, character development, adult mentoring and improved health through committing to, training for, and completing the Des Moines Marathon.

See-Us Run Des Moines (SRDM) is an innovative intervention program that challenges teens to train for and complete a 26.2 mile marathon. It is school-centered, non-competitive, and lasts a minimum of 25 weeks. SRDM relies on a corps of caring and dedicated adult volunteers to run with the students forming a unique bond that brings many rewards to both parties. It features a progressive training schedule taking participating students from mile zero all the way through completion of the IMT Des Moines Marathon in October.

The training program is designed to do so in the least overwhelming way possible. During the training season, the students commit to train three times a week at their school or at designated locations in Des Moines, and on the weekend they come together along with the adult volunteers for a longer run in area neighborhoods and on local trails. Along the way, students will participate in races around the community of varying distances building toward the marathon, giving them experience with running events, keeping them engaged in the program, and giving them the opportunity to interact with others in a positive way.

Iowa Kidstrong launched a pilot of the program at Theodore Roosevelt High School in Des Moines in April, 2010. On October 17, 2010 five students completed the IMT Des Moines Half Marathon and eight completed the full IMT Des Moines Marathon.