

Children's Marathon

To participate in the children's marathon, register your children in advance to participate in the 1-mile Fun Run at the RunWalk for the Kids, Saturday, June 18, at Town Point Park in Norfolk. Check the box "Children's Marathon" when registering, and help your kids record their physical activity in the weeks leading up to the race.

How to use this log: Each time a child exercises for 30 minutes, it counts as one step or "mile" of their marathon. The goal is to complete 25 "miles" in the weeks leading up to the marathon. The final (26th) mile will be the 1-mile Fun Run at the RunWalk for the Kids. **Every child who completes the 1-mile Fun Run will receive a medal. Every child who registers for the Children's Marathon by May 22 and completes the marathon will receive a special award.**

Complete a 26-mile "marathon" by logging 25 miles worth of exercise before the race and run or walk the last mile in the "Fun Run" on June 18. **Bring your marathon log to the race for validation.**

- To register for the children's marathon, fill out the registration form and follow instructions for mailing, or you can register online at www.runwalkforthekids.org.
- Visit www.runwalkforthekids.org for information and terms.

My Marathon Log

Start
30 minutes = 1 mile

Color one block every time you exercise for 30 minutes.
Any kind of exercise counts: soccer practice, playing tag at recess, riding your bike, etc. Your goal is to complete 25 miles of this log before June 18. Then you'll finish by running or walking in the 1-mile Fun Run at the RunWalk for the Kids on June 18.

Finish
Hurray for you!

1-Mile Fun Run June 18

Call 668-7098 or visit www.runwalkforthekids.org for more information.

Name of Participant/Fundraiser _____

First

Last

Address _____

Phone _____