**PigAbilities**

PigAbilities is a movement for inclusion that supports our families and friends who live with disabilities. Our one mile event is designed for participants (and supporters of participants) to run, walk or roll at their own pace so they can cross the official Flying Pig Marathon Finish Swine, just like everyone else. PigAbilities is an event for heroes.

**Track Your Miles**

Using the HOG LOG, track each mile you complete toward your marathon goal. Miles can be done with a group or with family and/or friends. Always pick a safe place and never go out alone.

*Your goal is to walk, jog, run or wheelchair the distance of a marathon (26.2 miles) or more in the months leading up to the PigAbilities Event in May.*

**Registration**

On Saturday, May 2nd, participants will gather for a 1:00pm Start Time and walk, roll or stroll the final mile on part of the actual Flying Pig Marathon course! The cost to register is $15 per person, through April 19th. Registration will increase to $20 after April 19th.

*Registration is available online at www.flyingpigmarathon.com*

**Participant Amenities**

All registered participants will receive a shirt, limited-edition poster, premium bag and virtual goodie bag. All PigAbilities finishers will receive a finisher’s medal, mylar blanket, and refreshments.

Join our PigAbilities Community page on Facebook to connect with participants, share information, ask questions & more!

**An Event for All Ages and Abilities!**
Eating well is so important to being healthy. You need the right nutrients from the right foods to be a strong and healthy athlete. Just like setting goals for reaching marathon distance, you can set goals for good nutrition, too.

We have set 4 Nutrition Challenges as your daily goals. Try to reach each of these goals as often as you can.

**RETHINK YOUR DRINK**
Avoid soda and sweet drinks. Stay hydrated with healthier choices like water, milk and 100% juices.
*I drank only healthy beverages today.*

**FOCUS ON FRUITS AND VEGGIES**
Fruits and vegetables offer awesome sources of vitamins, minerals and other nutrients. Try something new... you might like it!
*I tried 3 fruits and/or veggies today.*

**GET CALCIUM**
Building strong bones and muscle takes calcium. Low and non-fat milk, yogurt and cheese are excellent sources.
*I got 3 servings of calcium-rich foods today.*

**GO FOR THE WHOLE GRAIN**
Grains provide our main energy source for the body and brain. Get the ultimate fuel by eating breads, cereal and grain products that are WHOLE.
*I had at least 1 WHOLE grain today.*

Register for the PigAbilities Event, presented by Goodwill, on May 2, 2020 at www.flyingpigmarathon.com

Filled up the HOG LOG and ready to keep going? Why stop at 25? Download another one and keep racking up the miles and good habits.