

# 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](http://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!**



*we put people to work!*

**PigAbilities  
—  
2020**

# HOG LOG MILEAGE AND NUTRITION TRACKER

**BE SMART, EAT WELL AND MOVE MORE!**

PigAbilities



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# MILEAGE AND NUTRITION TRACKER

NAME \_\_\_\_\_

GROUP (IF APPLICABLE) \_\_\_\_\_



## MILEAGE

FLYING PIG OINK-REMENTAL MARATHON MILEAGE TALLY	
1 mile	
2 miles	
3 miles <b>5K!</b>	
4 miles	
5 miles	
6 miles	
7 miles	
8 miles	
9 miles	
10 miles	
11 miles	
12 miles	
13 miles <b>Half Marathon!</b>	
14 miles	
15 miles	
16 miles	
17 miles	
18 miles	
19 miles	
20 miles	
21 miles	
22 miles	
23 miles	
24 miles	
25 miles <b>Almost there!</b>	

## NUTRITION CHALLENGES

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.***


**EXERCISE YOUR BRAIN**

Get your brain some healthy food.  
***Read (or be read to) an additional 15 minutes above your usual.***


**REGISTER FOR THE PIG ABILITIES EVENT,  
PRESENTED BY GOODWILL, ON MAY 2, 2020  
AT [www.flyingpigmarathon.com](http://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.

*we put people to work!*