

PigAbilities

PigAbilities is an option for people of all ages with disabilities, their families and friends who may not wish to participate in a competitive event, but still want to be part of The Cincinnati Flying Pig Marathon weekend. This event takes place when there are fewer crowds and more parking. While there are no timing chips or first place winners, PigAbilities participants should be willing to “go the distance” by making a commitment to enrich their lives through being more active and making healthy choices.

The objective of PigAbilities is to offer peer support and encouragement for people with and without disabilities that “train” together during the weeks leading up to the Cincinnati Flying Pig Weekend. Training encourages an active lifestyle, and also a program to help people to begin to make healthy choices. Throughout the training, participants can set their own distance goal and log their progress on the Hog Log.

On Saturday, May 5th participants will gather for a 1:00pm Start Time and walk, roll or stroll the final mile on the actual Flying Pig Marathon course! At the Finish Line each finisher will receive a PigAbilities medal to commemorate their achievement. It is not mandatory to train in advance of the event in order to participate in PigAbilities on May 5th, but is encouraged.



CELEBRATING 20 YEARS RUNNING

2018

Flying Pig PigAbilities Event

Mileage and Nutrition Tracker

HOG LOG



Presented By:



HOG LOG

MILEAGE

Flying Pig OINK-remental Marathon Mileage Tally	
1 mile	
2 miles	
3 miles 5K!	
4 miles	
5 miles	
6 miles 10K!	
7 miles	
8 miles	
9 miles	
10 miles	
11 miles	
12 miles	
13 miles Half Marathon!	
14 miles	
15 miles	
16 miles	
17 miles	
18 miles	
19 miles	
20 miles	
21 miles	
22 miles	
23 miles	
24 miles	
25 miles Almost there!	

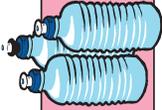
Name _____ Age _____

ZIP Code _____ Email _____

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 & sweetened 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.**



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.**



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.**



Exercise Your Brain!

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

Register for
PigAbilities

on May 5, 2018
at

WWW.FLYINGPIGMARATHON.COM



Presented by: *we put people to work.*

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.

