

CINCINNATI CHILDREN'S 26TH MILE (OR MORE) EVENT

Congratulations on your commitment to Be Smart, Eat Well and Move More! This program is designed to promote a lifetime of healthy habits.

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 Cincinnati Flying Pig Marathon in May.

TRACK YOUR MILES

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

FINISH IN PIG-STYLE

What better way to celebrate your hard work and many Hog-Logged miles than by crossing the real marathon finish "swine in one of the Flying Pig Marathon Saturday May 4th Events?

- 10K (must be 12 years of age by race day)
- 5K (no age requirement)
- Cincinnati Children's 26th Mile (1 mile, untimed event for Kids' Marathon program participants grades K-6th but no age limit enforced)
- Piglet Fun Run (short, age-group dashes starting with the diapered crawlers up to 9 year olds)

To register for any Flying Pig Marathon event, go to www.flyingpigmarathon.com. Remember to select your school or group when prompted. Find nutrition tips, reading resources and more on our website under the Kids Marathon Event Page!

> BE SMART, EAT WELL AND MOVE MORE!



2019



26TH MILE

HOG LOG

MILEAGE AND NUTRITION TRACKER >>

BE SMART, EAT WELL AND MOVE MORE!





HOG LOG

MILEAGE

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.

FLYING PIG PORK-REMENTAL MARATHON MILEAGE TALLY	
1 mile	
2 miles	
3 miles 5K!	
4 miles	
5 miles	
6 miles	
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!	

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 **Cincinnati Children's 26th Mile**, on May 4th, 2019 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.

