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 Children’s 26th Mile Virtual Event.

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. You will have until June 15th to log and submit your mileage and upload your 26th Mile results (optional).

FINISH IN PIG-STYLE

Celebrate your hard work and many hog-logged miles by crossing your own virtual “Finish Swine!” All participants will be mailed their Flying Pig shirt and finisher medal.

- Toyota 10K (must be 12 years of age by race day)
- Tri-State Running Co. 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 - Presented by First Watch (short dashes by age group starting with crawlers up to 9 years old)

Questions? Email kids@flyingpigmarathon.com for more information.

REGISTRATION

To register, access youth training resources & more, visit www.bit.ly/pig26thmile. Remember to select your school or group during registration for the virtual event.
MILEAGE AND NUTRITION TRACKER

NAME ______________________________________ AGE __________

ZIP CODE ___________ GROUP NAME ______________________________________

MILEAGE

Add the date you completed your miles or check them off.

FLYING PIG OINK-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!**

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. Add the date each time you complete a nutrition challenge!

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 virtual event at www.flyingpigmarathon.com

Filled up the HOG LOG and ready to keep going? Why stop at 25 miles? Download another one to keep racking up those miles and good habits or join us for the Fly Up to 5K youth program next!