



The Flying Pig Marathon wants to inspire a lifetime of good health and fitness! We've created two opportunities for youth and their adult fitness buddies to train for their own event during Flying Pig Marathon weekend!

Kids' Marathon & Cincinnati Children's 26th Mile Event

In celebration of the 24th annual Cincinnati Flying Pig Marathon to be run in May, we would like to promote walking/jogging and/or running for fitness and fun. By exercising together with kids, you set a great example, have quality time together, and help each other set and reach goals. You will also learn what it means to cover the distance of a marathon. The Kids' Marathon program is designed for (but not limited to) children ages 5-12 years old along with their fitness buddies. **IT IS NOT A RACE!** Using the *Hog Log*, you can begin now and walk, jog or wheelchair the distance of a marathon, in small increments, at your own pace. Always exercise in a safe area and wear appropriate clothes and shoes.

Along with marathon miles, in your *Hog Log* are some Nutrition Challenges to help children make healthy eating a lifelong habit; simple steps on their marathon of good health. You can visit our website to download the ***Flying Pig Kids' Marathon Nutrition Guide*** by Ashley Meuser, the Flying Pig Marathon's official Registered Dietitian & Nutritionist. This guide contains additional tips and kid-friendly recipes to try at home!

You also have an exciting opportunity to be part of the real Flying Pig Marathon by finishing your 26th marathon mile on Saturday, April 30, 2022 during the Cincinnati Children's 26th Mile event in downtown Cincinnati. The kids will cover their final mile on the actual Flying Pig Marathon course and cross the real "Finish Swine." Registration includes a shirt, finisher medal and goodie bag at the Finish Swine (**\$15 through APRIL 15, 2022, \$20 after April 15, 2022**). Register online at www.flyingpigmarathon.com.

Fly Up to 5K, presented by EY & Flying Pig 5K Event

Much like the incremental kids' marathon program and the Cincinnati Children's 26th Mile event, the Fly Up to 5K is a great way to encourage the practice of healthy behaviors and goal setting techniques. This program is designed for grades 6th-8th but is also open to any child who has participated in the Cincinnati Children's 26th Mile event and is looking for a new challenge! Participants can begin tracking their training by using our *5K Hog Log* or by downloading the ASICS Runkeeper app. This will enable kids to help set and achieve their own fitness goals.

Not sure where to start? We have you covered! The *5K Hog Log* contains basic training tips to help get you up and moving. Visit our website for other 5K training resources and fun activities to incorporate into your weekly training routine.

Crossing the 5K 'Finish Swine' in downtown Cincinnati during Flying Pig Weekend on Saturday, April 30, 2022 with the support of family and friends is a great way for kids to celebrate achieving their training goals! Registrants will receive a shirt, finisher medal and other goodies! Youth 18 & under will receive a special discount code from their group leader to redeem our lowest entry fee price (\$25 thru April 15, 2022).

HIGHTAIL it to www.flyingpigmarathon.com to register for a youth event, download the *Hog Log* or the nutrition guide! Select the "Events" tab and then click the "Youth Program" link to access additional resources!

Online Registration Instructions for the 2022 Flying Pig Youth Events

- Go to www.flyingpigmarathon.com
- Select “Registration” tab
- Select In-Person “Cincinnati Children’s 26th Mile” or “Flying Pig 5K presented by Tri-State Running”
- This takes you to Race Roster, who handles registration for all of our events
- If you do not have a Race Roster account, you will need create one
- Select “In-Person” and then either the Kids’ Marathon 26th Mile, presented by Cincinnati Children’s or the Flying Pig 5K presented by Tri-State Running

Note: You can register multiple registrants for different events in one transaction.

For The Cincinnati Children’s 26th Mile:

- Do NOT select Flying Piglet Fun Run or the Fifty West Mile
- Once the Kids’ Marathon 26th Mile, presented by Cincinnati Children’s event is selected, scroll down to complete the online registration form
- ***IMPORTANT:*** Under the team section, select “Yes, add this registrant to a school or youth group team” and then select your school/group from the drop- down menu
 - This ensures that your materials are sorted with the correct group for packet pick-up. Adults and siblings registering can also select the school/group so all of the items are available together
 - For those not officially part of the school/group but participating with a child, sibling or friend, please add the first and last name of the child/adult that you are participating with (first question under the “Questions” section of the form).
- Be sure to select shirt size (youth and adult sizes available)

For the Fly Up to 5K (Flying Pig 5K Event):

We are offering our lowest pricing on the 5K to youth 18 & under who are participating with an official school or youth group. Adults are not permitted to receive the discount!

- Select Flying Pig 5K, presented by Tri-State Running and complete the form
- ***IMPORTANT:*** Under the team section, select “Yes, add this registrant to a school or youth group team” and then select your school/group from the drop- down menu
 - This ensures that your materials are sorted with the correct group for packet pick-up. Adults and siblings registering can also select the school/group so all of the items are available together
- Enter promo code **24FPMYOUTH5K** before confirming registration
 - The discount is taken off the final screen before you submit and pay.
- Be sure to select your shirt size (youth and adult size available)

*The youth discount code is valid for youth **ONLY**, adults do not qualify for the discount.* All promo codes will be valid through April 15, 2022. After that date, all pricing will increase to the expo rate. Events are subject to sell out. Once the event sells out, we will not be able to accept additional registration. Register early to ensure your spot!

If you have additional questions about registration or the youth events, please email kids@flyingpigmarathon.com