

FLYING PIG KIDS' MARATHON & 26TH-MILE EVENT

JOIN THE RACE

SATURDAY, MAY 5, 2012

MILEAGE AND NUTRITION TRACKER

HOG LOG

BE SMART, EAT WELL AND MOVE MORE!



2012

FLYING PIG KIDS' MARATHON

Presented by:

ERNST & YOUNG
Quality In Everything We Do

FLEET FEET
Sports



•CINCINNATI•



FLYING PIG
MARATHON

2012 FLYING PIG KIDS' MARATHON

WELCOMES YOU!

Congratulations on your commitment to **Be Smart, Eat Well and Move More!** This program is designed to promote fitness, fun and healthy food choices.

INSTRUCTIONS

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. We also want you to make good nutrition a part of your everyday marathon so we have included "Nutrition Challenges" that will help you meet your mileage goals while maintaining a healthy diet.



TRACK YOUR MILES

Using the **HOG LOG**, have a teacher or parent sign for 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.

Post the kid-friendly Cincinnati Flying Pig Marathon Course Map so you can use a marker to follow your progress as if you were on the real marathon course!

MAKE HEALTHY NUTRITION CHOICES

Read the Marathon Nutrition Tips and follow the advice by making healthy eating a part of your marathon. Learn more about ways to meet your nutrition goals at www.nutritioncouncil.org.



EXERCISE YOUR BRAIN

Being smart about your health includes exercise, good nutrition...and getting some brain food, too! Hungry for more? The Public Library of Cincinnati and Hamilton County has fun reading resources including electronic storybooks as well as book reviews and jokes contributed by kids online at <http://KidSpace.CincinnatiLibrary.org>.



FINISH IN PIG-STYLE

You can complete your marathon distance by completing your final mile as part of the Cincinnati Flying Pig Kids' Marathon 26th-Mile Event on Saturday, May 5, 2012. Experience the thrill of victory by crossing over the actual Flying Pig Marathon finish line. All registered participants will receive a finisher's medal and T-shirt for a job well done.

To register online for the 26th-mile event go to www.flyingpigmarathon.com (\$10 registration fee).

We hope the healthy activity and eating behaviors that you learn will become habits and that your marathon will be one of good health for LIFE!

BE SMART, EAT WELL AND MOVE MORE!

MILEAGE AND CHALLENGES

HOG LOG

Presented by:



Name _____

Age _____ ZIP Code _____ Email _____

MILEAGE

Parent or teacher signature for each marathon mile completed (walk, jog, run or wheelchair)	
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!	

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.**

To learn more about making a variety of healthy choices from all food groups, visit:



Register for The Flying Pig Kids' Marathon 26th Mile on May 5, 2012 at www.flyingpigmarathon.com

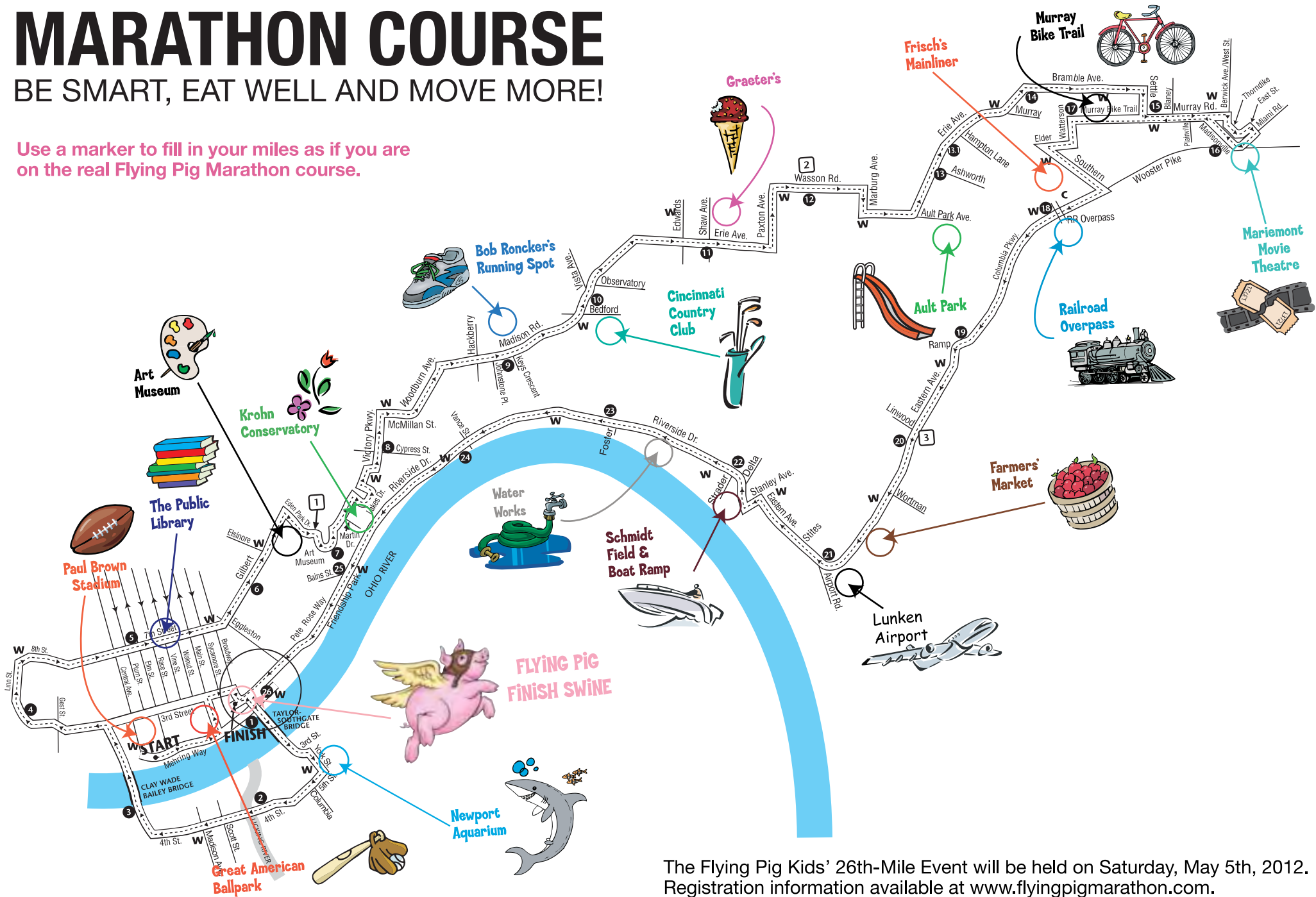
Filled up the Hog Log and ready to keep going? Why stop at 25? Download another one and keep racking up the miles and good habits.

2012 FLYING PIG KIDS' MARATHON

MARATHON COURSE

BE SMART, EAT WELL AND MOVE MORE!

Use a marker to fill in your miles as if you are on the real Flying Pig Marathon course.



The Flying Pig Kids' 26th-Mile Event will be held on Saturday, May 5th, 2012. Registration information available at www.flyingpigmarathon.com.