

KEARNEY MARATHON KIDS END OF SUMMER CHALLENGE August 1 - August 31

ORGANIZED BY NEBRASKA TOTAL CARE
AND THE NUTRITION EDUCATION PROGRAM



Step 1: Register with the link or form below.

Step 2: Set a personal daily activity goal. Not sure where to start? Try to get 20 minutes per day or 1 mile each day.

Step 3: Get active! Run, jump, or skip. Need help finding activities? Try these [running activities](#). [Keep it Moving](#) also has some fun dance videos!

Step 4: Track your activity each day. You can track minutes or miles on the Marathon Kids site. You can also use our [mileage/activity log](#) or create your own.

If you choose to use an activity log you can turn it in to Sherry at the Arc Office by August 31.

REGISTRATION DEADLINE: JULY 30

PARENT FULL NAME: _____

PARENT EMAIL: _____

REGISTER ONLINE:

[MARATHON KIDS WEBSITE](#)

CHILD'S FULL NAME: _____

CHILD'S GRADE _____

CHILD'S GENDER: M/F/UNSPECIFIED

CHILD'S T-SHIRT SIZE _____
(PLEASE INDICATE YOUTH OR ADULT SIZE)

MAIL/TURN IN TO THE ARC:

4511 6TH AVENUE #204, KEARNEY, NE 68845

