



Kids Marathon

June 23, 2019 at 10 a.m.

Educational Testing Service (ETS)

660 Rosedale Road, Princeton

- Walk-Run-Roll**

Complete 25 miles over 10 weeks starting mid April - approximately 2.5 miles per week

Children can also earn 1 mile for each kids wellness program attended!

Learn more at:

www.princetonhealthinmotion.com

- Track Your Progress**

Use this log sheet or create your own

- Receive Incentives**

For each completed milestone receive a pin (5 - 10 - 13.1 - 20 - 25)

- Pick Up Packet**

Includes race bib, t-shirt, and goody bag. Check website for pickup details.

- Gather**

Join us on June 23 at ETS to finish the last 1.2 miles together!

Check for Updates

www.princetonhealthinmotion.com

Proceeds support Princeton Health's programs to promote wellness and prevent obesity and chronic disease in children.



**Penn Medicine
Princeton Health**

In partnership with Princeton Fitness & Wellness

Log Sheet

	Su.	Mo.	Tu.	We.	Th.	Fr.	Sa.	TOTAL
Wk 1								
Wk 2								
Wk 3								
Wk 4								
Wk 5								
Wk 6								
Wk 7								
Wk 8								
Wk 9								
Wk 10								
							1.2	26.2

June 23
Race Day!



1.2

26.2