



MILE BY MILE MARATHON

You are invited to participate in the 2023 Mile by Mile Marathon! To participate, kids should **start tracking their physical activity each day from NOW until the event.** They should complete a total of 25 miles (30 minutes of physical activity=one mile) before the event. Cross off a box on the physical activity tracker form to track your progress. On May 4th, they can run the last 1.2 miles at our community event to complete their marathon. Each participant will receive a medal and a t-shirt at the finish line. This is a great program to encourage physical activity for our elementary age students and their families.

Event Details

Who: All kids in Wasatch County K-5th Grade

When: Thursday, May 4th, 2023 from 5pm-7pm (Race Start Times will be every 20 minutes)

Where: Southfield Park (895 West 100 South, Heber City)

What: A kids race around Southfield Park. At the finish line there will be a Safe Kids Fair including booths, prizes and activities for the entire family.

For more information please contact:

*Madysin Flinders, Wasatch County Health Department
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ACTIVITY TRACKER



1. Put this tracker somewhere you will see it often
2. Fill out one box for every mile you run (30 minutes of physical activity can also equal 1 box)
3. Join us on May 4th to walk or run the last 1.2 miles of your marathon!
