CINCINNATI CHILDREN'S 26TH-MILE (OR MORE) EVENT

Congratulations on your commitment to Be Smart, Eat Well and Move More! This program is designed to promote a lifetime of healthy habits.

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 Children's 26th Mile event** in May.

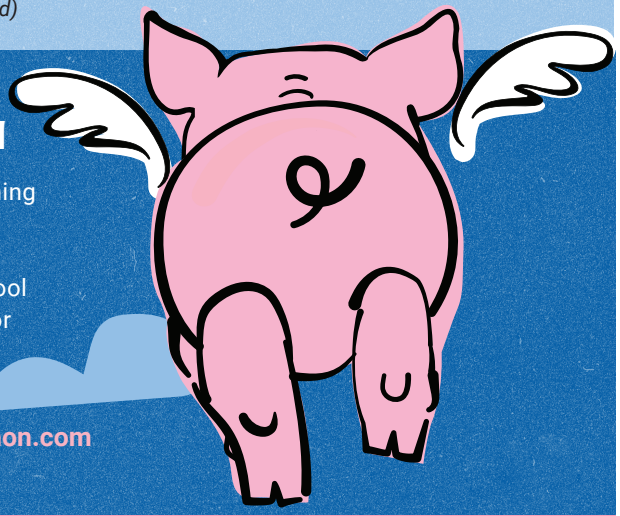
TRACK YOUR MILES

Using the HOG LOG, track 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.

FINISH IN PIG-STYLE

Celebrate your hard work and many hog-logged miles by crossing the "Finish Swine" in downtown Cincinnati on part of the actual Full Marathon course. All participants will receive a Flying Pig shirt and finisher medal.

- **Toyota 10K** *(must be 12 years of age by race day)*
- **Flying Pig 5K** *(no age requirement)*
- **Cincinnati Children's 26th Mile** *(1 mile, untimed event for Kids' Marathon program participants grades K-6th but no age limit enforced)*
- **Piglet Fun Run – Presented by First Watch** *(short dashes by age-group starting with crawlers up to ages 9 years old)*

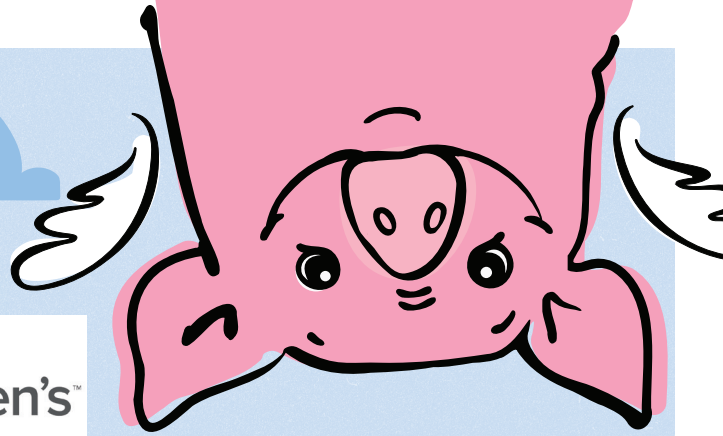


REGISTRATION

To register, access youth training resources and more, visit **www.bit.ly/pig26thmile**
Remember to select your school or group during registration for the event.

Questions?
Email **kids@flyingpigmarathon.com** for more information.

REGISTER NOW!



Cincinnati Children's™

26TH MILE 2023

HOG LOG

MILEAGE & NUTRITION TRACKER

BE SMART, EAT WELL AND MOVE MORE!

CINCINNATI FLYING PIG MARATHON®

MILEAGE AND NUTRITION TRACKER

NAME _____ **AGE** _____

ZIP CODE _____ **EMAIL** _____

MILEAGE

FLYING PIG OINK-REMENTAL MARATHON MILEAGE TALLY

1 mile	
2 miles	
3 miles **5K!**	
4 miles	
5 miles	
6 miles	
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.

Avoid soda and sweet 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.

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.

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.

EXERCISE YOUR BRAIN

Get your brain some healthy food.
Read (or be read to) an additional 15 minutes above your usual.

Register for The Cincinnati Children's 26th Mile on May 6, 2023 at 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.

Cincinnati Children's
changing the outcome together

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