



# YOUTH PROGRAM OPPORTUNITIES

The Flying Pig Marathon wants to inspire a lifetime of good health and fitness! There are two opportunities for youth and their adult fitness buddies to train for their own event during Flying Pig Marathon Weekend.

## Kids' Marathon & Cincinnati Children's 26th Mile Event

- The Kids' Marathon program is designed (but not limited to) children ages 6-12 years old, along with their fitness buddies.
- IT IS NOT A RACE! Using the Hog Log, you can begin now and walk, jog, or wheelchair the distance of a marathon in small increments, at your own pace.
- Along with tracking your miles, the Hog Log contains Nutrition Challenges to help children make healthy eating a life long habit. You can also download the Flying Pig Kids' Marathon Nutrition Guide by Ashley Meuser, the Flying Pig Marathon's official Registered Dietician.
- You will also have the exciting opportunity to be a part of the real Flying Pig Marathon by finishing your 26th mile on Saturday, May 4, 2024 during the Cincinnati Children's 26th Mile event in downtown Cincinnati. Kids will cover their mile on our actual course and cross the "Finish Swine". Registration includes a shirt, finisher medal and goodie bag at the Finish Swine. (\$15 through April 16, 2024, \$20 beginning April 17, 2024). Register online at [flyingpigmarathon.com](http://flyingpigmarathon.com)



## Fly Up to 5K & Flying Pig 5K Event

- Much like the incremental kids' marathon program, the Fly Up to 5K is great way to encourage the practice of healthy behaviors and goal setting techniques
- Designed for grades 6-8, but is also open to any past participants of the Cincinnati Children's 26th mile looking for a new challenge!
- Participants track their training using the 5K Hog Log (available at [flyingpigmarathon.com](http://flyingpigmarathon.com)) or by downloading the ASICS Runkeeper app.
- The Hog Log contains basic training tips to get you started
- Crossing the 5K "Finish Swine" in downtown Cincinnati during Flying Pig Weekend on Saturday, May 4, 2024 with the support of family & friends is a great way for kids to celebrate achieving their goals!
- Registrants will receive a shirt, finisher medal, and other goodies! Youth 18 & under will receive a special discount code from their group leader to redeem our lowest entry fee price (\$25 through April 16, 2024).

**HIGHTAIL it [flyingpigmarathon.com](http://flyingpigmarathon.com) to register for a youth event, download your Hog Log or nutrition guide and view addition youth program resources!**