Fort Dodge Parks & Rec In-Motion Marathon
May 15-June 12

Name ________________________________ Age __________________________

Phone Number __________________________ Email __________________________

We are giving you four weeks to complete a 26.2 mile marathon. This marathon is a bit different than your typical marathon. Our goal is to get you outside and MOVING! We are giving you four weeks to complete, whether its walking, biking, running, hiking or skipping! Each day you complete a certain distance, you will add it to the log below. When this log is complete, you will submit it back to us via email, ehabben@fortdodgeiowa.org .

Good luck and have fun!

What you did	Distance you went	Date of activity