

Beat the Blues Winter Marathon

Almost there!
You can do it!

Start here and color in each mile as you finish it!

Finish!

- 25
- 24
- 23
- 22
- 21

1

The Challenge: Complete a full marathon worth of activities (or more!) between January 1st - March 1st, 2019. Run, walk, ski, snowshoe, or bike 26 miles outdoors at your own pace, when it works for you and your family. Or play outside for 30 minutes to equal one mile. Record your mileage on this sheet **OR** keep track of your miles on your own and submit them online at WalkNEIowa.org after each marathon you complete.

2

Raffle Prizes: Complete one or more marathons for a chance to win a **\$50 gift card to the local sports/health business, retail store, or recreation/wellness center of your choice!** The more marathons you complete, the more chances you have to win!

3

"Early Bird" Special: Turn in one (or more) marathon mileage logs via the [online survey](#) by noon on January 31st for your chance to win a **BONUS \$50 rental gift card** from Decorah Bicycles that you can use to rent skis, ice skates, snowshoes, or bikes!

Good Start!

4

Submit Your Completed Marathons:

Visit WalkNEIowa.org to complete the online Mileage Log Survey **OR** download extra copies of the Mileage Log Form. Downloaded forms can be returned via email (abril@uerpc.org) or mail (April Brill UERPC; 325 Washington Street, Suite A; Decorah, IA 52101).

***Mailed logs must be received by February 27th to be considered for the raffle prize. Emailed and online forms must be submitted by noon on March 1st.**

5

Mileage Log Form Information: Fill out the below information when mailing or emailing the Mileage Log Form.

Name: _____ Age: ____ Phone Number: _____

**Contact information will only be used to distribute prizes.
Don't forget to mark each mile as you complete them throughout January and February 2019!

6

Wondering HOW to complete your miles?

7

- | | |
|---|--|
| <ul style="list-style-type: none"> ❄ Build a snowman ❄ Make a snow fort ❄ Have a snowball fight ❄ Go sledding ❄ Give winter biking a try ❄ Go snowshoeing ❄ Take a winter hike | <ul style="list-style-type: none"> ❄ Go skiing ❄ Shovel the sidewalk ❄ Shovel the whole block! <p>Be creative, have fun & try something new!
Check out local businesses or County Conservations for winter equipment rentals.</p> |
|---|--|

- 8
- 9
- 10
- 11
- 12
- 13

Keep it up!

Halfway done!

