



5K BY END OF MAY YOUTH FITNESS CHALLENGE

Hello Marina Families,

Marina Recreation & Cultural Services is excited to announce that we have partnered with the Big Sur Marathon Foundation and their Just Run Program to offer the 5K By End of May Youth Fitness Challenge while we “Learn from Home” in April and May.

The 5K By End of May Challenge is designed to be a tool for you; as your child’s leader, to keep them engaged and motivated in physical activity through an encouraging, fun and rewarding experience.

For every Marina child that runs/walks a 5K distance (3.1 miles) this April and May, a running medal will be awarded on behalf of Marina Recreation.

To participate:

1. Complete 5K (3.1 miles) or more by May 31
2. Email the completed form to rpowell@cityofmarina.org
3. Receive your medal and a virtual shout out from Marina Recreation and Big Sur International Marathon.

	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Weekly Total	Parent Initial
Miles 4/13-4/19									
Miles 4/20-4/26									
Miles 4/27-5/3									
Miles 5/4-5/10									
Miles 5/11-5/17									
Miles 5/18-5/24									
Miles 5/25-5/31									
Total									

Let us know how far you go, don’t just stop at 5K! Submit your total miles ran by May 31, so we can take a virtual tour across America and see how far Marina kids have ran! Share your progress by tagging us on Facebook @MarinaRecreationCenters.

We ask that all students, parents, and family members adhere to the social distancing guidelines ordered by the State of California when using outdoor spaces while running and exercising.

Name (First / Last): _____ Age: _____

Running Partner (parent): _____ Phone: _____

Address: _____ Email: _____

Participation in the 5K By End of May Challenge is voluntary and is conducted at the individual's own risk. The City of Marina and the Big Sur Marathon Foundation do not assume liability associated with the above-named activity.

CITY OF MARINA RECREATION

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