



Half Marathon Youth Fitness Challenge



Hello Marina Families,

Marina Recreation & Cultural Services along with Marina PAL is offering the Half Marathon (13.1 miles) **Youth Fitness Challenge while we “Learn from Home” in October and November.**

The Half Marathon 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/teen that runs/walks a Half Marathon distance (13.1 miles) in October and November, will receive a running medal and tee-shirt on behalf of Marina Recreation and Marina PAL.

To participate:

1. Complete Half Marathon (13.1 miles) or more by November 30 – **(15 minutes of running = 1 mile)**
2. Take a picture of the completed form and text it to (831) 760-0281 or Email the completed form to rpowell@cityofmarina.org
3. Receive your medal and tee-shirt from Marina Recreation

	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Weekly Total	Parent Initial
Miles 10/1-10/4									
Miles 10/5-10/11									
Miles 10/12-10/18									
Miles 10/19-10/25									
Miles 10/26-11/1									
Miles 11/2-11/8									
Miles 11/9-11/15									
Miles 11/16-11/22									
Miles 11/23-11/29									
Miles 11/30									
Total									

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 Half Marathon Challenge is voluntary and is conducted at the individual's own risk. The City of Marina does not assume liability associated with the above-named activity.

CITY OF MARINA RECREATION
 211 Hillcrest Avenue
 Marina, California 93933
 831- 884-1253; FAX 831- 384-9148
www.cityofmarina.org