



# Beat the Blues

WINTER MARATHON

Do colder temperatures get you down? Then join us for the **Beat the Blues Winter Marathon!**

**CHALLENGE:** Complete a full marathon (26 miles!) between January 22 and February 28. Track your miles as you walk, run, bike, snowshoe, ski, and more! Or, play outside for 30 minutes to equal one mile.

**EXTRA MILE CHALLENGE:** See how many marathons you can complete during the program! Challenge yourself.

Download a mileage log at [www.livewellsiouxfalls.org](http://www.livewellsiouxfalls.org)

You can also pick up a paper copy at:

- Sioux Falls Health Department, 521 N. Main Avenue
- The Outdoor Campus, 4500 S. Oxbow Avenue
- Midco Aquatic Center, 1601 South Western Avenue
- Sioux Falls Parks and Recreation Community Centers  
(find hours at [siouxfalls.org/community-centers](http://siouxfalls.org/community-centers))
  - Kenny Anderson—3701 East Third Street
  - Kuehn—2801 South Valley View Road
  - MariCar—400 North Valley View Road
  - Morningside—2400 South Bahnsen Avenue
  - Oyate—2421 West 15th Street

Return your mileage log form(s) by 5 p.m. on Friday, March 2, and you may be eligible for a prize!

For more information, email [livewell@siouxfalls.org](mailto:livewell@siouxfalls.org) or call (605) 367-8286



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