



Put a Spring in Your Step[®] MARATHON

Spring is here! Join us for the Put a Spring in Your Step Marathon!

CHALLENGE: Complete a full marathon (26 miles!) between March 20 and May 4. Get outdoors and move at your own pace. Track your miles as you walk, run, bike, hike, and more! Or, just play outside for 30 minutes to equal one mile.

EXTRA MILE CHALLENGE: See how many marathons you can complete during the program! Challenge yourself and fill as many mileage logs as you can.

Mileage Log Return:

The deadline for returning forms is 5 p.m. on Friday, May 4. Return your mileage log form(s) and you may be eligible for a prize! Join us on May 4 at 5 p.m. for the “May the Forest Be With You” event at Good Earth State Park. (The event is free to attend with a daily or annual SD state park permit.)

Email: livewell@siouxfalls.org

Mail: Live Well Sioux Falls, 521 North Main Avenue, Suite 101, Sioux Falls, SD 57104

In Person: ● Sioux Falls Health Department ● Midco[®] Aquatic Center

● Good Earth State Park ● The Outdoor Campus

● Sioux Falls Parks and Recreation Community Centers

(Kenny Anderson, Kuehn, MariCar, Morningside, and Oyate).

For community center hours and locations, visit

www.siouxfalls.org/community-centers.





Mileage Log

FINISH!

ALMOST THERE!

START HERE and color the miles as you go!



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START

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Put a Spring in Your StepSM MARATHON

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Name: _____

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Email: _____

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Phone: _____

I am a: Youth Adult (18+) Senior (65+)

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How to complete your miles:

- Walk, run, bike, swim, hike, golf, and more.
- Mowing, yardwork, or gardening (30 minutes = 1 mile)
- Outside play: (30 minutes = 1 mile)
- Get creative . . . try something new!

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Where you can complete your miles;

- | | |
|--------------------|------------------------------|
| • Your backyard | • Good Earth State Park |
| • Trails and parks | • Great Bear Recreation Park |
| • Outdoor Campus | • All around the community |

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Indoor Options:

If being outdoors is a challenge, here are indoor activities you can count for miles:

- Indoor walking (at a Community Center, mall, etc.)
- Indoor water walking or swimming at the Midco® Aquatic Center (30 minutes of walking or lap swimming = 1 mile)

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Connect with us @LiveWellSF



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WAY TO GO!

HALFWAY THERE!

The spring marathon runs from March 20 through May 4.
See how many marathons you can complete!

