

**Need some
inspiration to
keep you
moving?**



**Sign up for
May Marathon
Month today!**

**Walk a half marathon (13 miles) or
a full marathon (26 miles) over the
entire month of May!**

May Marathon Month

- **Set your own schedule—1 mile a day, 2 miles three times a week—whatever works for you**
- **Walk around your neighborhood, on a treadmill, etc.**
- **Must be in addition to your regular steps (can't just wear a pedometer all day)**
- **Keep track of your miles walked for exercise**
- **Report miles at the end of May**
- **Receive newsletters, inspiring motivations and awards for completing the marathon**
- **See back for registration options**
- **Questions? Call Whitney Danhof at the Bedford County Extension Office—
931-684-5971**

How to register (choose one):

Online at bedford.tennessee.edu under family programs on the top

E-mail form to Whitney Danhof, Extension Agent: wdanhof1@utk.edu

Call the Extension Office: 931-684-5971

Mail the form below:

May Marathon Month Registration

Name _____

E-mail (for receiving newsletters, reporting links and survey links)

Address _____

City _____ State _____ Zip _____

Phone Number _____

Is this person an adult (18 or over) or youth

If a youth, what registered adult are they associated with? _____

Choose one:

Half Marathon (13 miles)

Full Marathon (26 miles)

Mail to: UT/TSU Extension, 2105 Midland Road, Shelbyville, TN 37160