

**Need some  
inspiration to  
keep you  
Moving in  
2024?**



**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](http://bedford.tennessee.edu) under family programs on the top

**E-mail** form to Whitney Danhof, Extension Agent: [wdanhof1@utk.edu](mailto:wdanhof1@utk.edu)

**Call** the Extension Office: 931-684-5971

**Mail** the form below to: UT/TSU Extension, 2105 Midland Road, Shelbyville, TN 37160

## May Marathon Month Registration

Name\_\_\_\_\_

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

\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Phone Number\_\_\_\_\_

Is this person: ☐ adult (18 or over) or ☐ youth

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

Choose one: ☐ Half Marathon (13 miles) or ☐ Full Marathon (26 miles)

Gender:

- ☐ Male
- ☐ Female
- ☐ Prefer not to answer

Race:

- ☐ White
- ☐ Black/African American
- ☐ American Indian/Alaskan Native
- ☐ Asian
- ☐ Native Hawaiian or Pacific Islander
- ☐ Other
- ☐ Prefer not to answer

Ethnicity:

- ☐ Hispanic
- ☐ Non Hispanic
- ☐ Prefer not to answer