

Need some  
inspiration to  
keep you  
Moving in  
2025?



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