

Parker Woods Montessori
wants you to find your inner pig and be a part of our team for
The Cincinnati Flying Pig Kids' Marathon & 26th Mile Event

The Flying Pig Kids' Marathon is a great opportunity for kids and their adult fitness buddies. In celebration of the 17th annual Cincinnati Flying Pig Marathon to be run in May, we would like to promote walking/jogging and/or running for fitness and fun. By exercising together with kids, you set a great example, have quality time together, and help each other set and reach goals. You will also learn what it means to cover the distance of a marathon. This program is designed for children ages 5-12 years old along with their fitness buddies. **IT IS NOT A RACE!** Using the Hog Log, you can begin now and walk, jog or wheelchair the distance of a marathon, in small increments, at your own pace. Always exercise in a safe area and wear appropriate clothes and shoes.

We're sending home Hog Logs with this info sheet and a permission slip. Please take some time to read through it. You can use the kid friendly marathon map and log to follow your progress on the Flying Pig course and keep track of all the miles, and smart nutrition & reading choices made in the coming months. As part of this program we are going to start a Tuesday Pig Day after-school group for kids and their parents/guardians that will meet in the gym from 4 - 4:30 starting Tuesday, March 10. This is a great opportunity for you and your child to run/walk together or for you to cheer them on! Please sign the permission slip below if you'd like your child to participate in this fun program.

You also have an exciting opportunity to be part of the real Flying Pig Marathon by finishing your 26th marathon mile on Saturday, May 2nd, 2015 during the Flying Pig Kids' Marathon 26th Mile event at Cincinnati's Riverfront. The kids will cover their final mile on the actual Flying Pig Marathon course and cross the real "Finish Swine." They get a finishers shirt, a marathon medal and all the goodies of the finish celebration (\$10 registration). More information about how to register as part of the PWM team will be coming soon.

Have questions? Want to get involved? email flyingpig@pwmppto.org or call/text Kate (513) 706-5401

We look forward to see you at the next PTO meeting Wednesday, March 18th at 6pm
Be Smart, Eat Well & Move More!

Permission Slip

I _____ give my permission for _____
Parent / Legal Guardian Name *Child's Name*

to participate in the Cincinnati Flying Pig Kids Marathon / Parker Woods Montessori Team.

Child's Name _____ Age _____ Teacher _____

Signature _____ Contact Phone Number _____