



Beat the Blues

Winter Activity Marathon

Challenge: Complete a full marathon—26 miles!—between **January 1 and March 1**. Walk, run, ski, snowshoe, or bike 26 miles outdoors at your own pace, when it works for you and your family. Or play outside for 30 minutes to equal one mile. Record your mileage on the Mileage Log.

Start: Get your free mileage log at McFarland Park (8:30 a.m. - 4:30 p.m.) OR <http://bit.ly/SCCWinterMarathon2020>

Finish: Earn \$10 off any Story County Conservation online registrations or reservations (programs, summer camps, camping, and more)!

Return your mileage log to Story County Conservation, by mail (**must be received by March 6**) to Rebekah Beall, 56461 180th St, Ames, IA 50010, or by email to rbeall@storycountyiowa.gov.

Connect: Use #sccwintermarathon to share your photos and adventures! Visit www.storycountyconservation.org to find events to help complete your miles.

Start here
and color
in each
mile as
you
finish it!

Almost
there!
You can
do it!

Finish!

25 24 23 22 21

1

Beat the Blues

Winter Marathon Mileage Log

2

Name:

Age:

Phone Number:

Email Address:

20

19

3

18

Contact information will only be used to distribute prizes.

Wondering WHERE to complete your miles?

- * Trails
- * Parks
- * Around the community
- * Your backyard

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Wondering HOW to complete your miles?

- * Build a snowman
- * Make a snow fort
- * Have a snowball fight
- * Go sledding
- * Go fishing
- * Go snowshoeing
- * Take a winter hike
- * Go skiing
- * Shovel the sidewalk
- * Shovel the whole block

16

5

15

6

14

There are LOTS of ways to complete your miles.
Be creative, have fun and try something new!

7

8

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10

11

12

13

Good
Start!

You're
getting
closer!

Keep it
up!

Halfway
done!

**Need to keep busy during Winter Break? Start Early!
Check www.storycountyconservation.org for events and programs
to get started!**