

# Marathon in a Month

March 15 – April 15, 2015



This is a  
virtual  
event!

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## A new healthy living initiative for girls & adults!

**The goal:** Complete a total of **26.2 miles of activity within 1 month**. That's actually less than 1 mile of movement per day! Lots of different types of activities "count" for miles – walking, tennis, softball, running, yoga, Zumba, swimming, and much more.

**How to participate:** Beginning March 15, log your activity miles online at [https://docs.google.com/forms/d/1t5ExpumlWJ-SdCOWwbL9lyiY0032U0xPfyN3Gvei\\_\\_E/viewform?usp=send\\_form](https://docs.google.com/forms/d/1t5ExpumlWJ-SdCOWwbL9lyiY0032U0xPfyN3Gvei__E/viewform?usp=send_form)

**Prizes:** Girl participants who complete 26.2 miles of activity by April 15<sup>th</sup> will be entered into a prize raffle! Winners will receive a **\$25 gift certificate** to a healthy-living or recreation-related business close to their hometowns.

**Marathon in a Month** is an entirely optional program. Please make sure not to share the link or data with non-Girl Scouts members. If you sustain any injuries during exercise, please note that this will need to be covered by personal health insurance.

  
**girl scouts**  
of the sierra nevada