

Need some
inspiration to
keep you
moving?



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. and/or join the Bedford County Healthier TN Walk/Run Group on Saturdays at 8:00 a.m. at the outdoor track at the park
- 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



How to register:

Online at bedford.tennessee.edu under family programs on the top

E-mail form to Whitney Danhof, Extension Agent: wdanhof1@utk.edu

Call the Extension Office: 931-684-5971 and leave name, phone #, e-mail and full or half marathon

Mail the form below:

May Marathon Month Registration

Name _____

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

Address _____

City _____ State _____ Zip _____

Phone Number _____

Choose one:

Half Marathon (13 miles)

Full Marathon (26 miles)

Mail :

UT/TSU Extension

2105 Midland Road

Shelbyville, TN 37160