



Shiprock Kids Marathon

The Shiprock Kids Marathon is for all young runners from the schools of Dine' Bikeyah, as well as our young visitors and runners from outside the area.

The Kids Marathon will be run at your school and/or your neighborhood for runners in kindergarten through eighth grade.

Now that you are ready to sign up, here is what you do:

- If you are running with your school, your teacher will give you a registration form to fill out a form. You can return that form to the school folks after you and your parents complete it.
- If you are running on your own, you may e-mail the form to chuskaman@yahoo.com, or you can also mail it to us at: **NavajoYES, P.O. Box 1487 Teec Nos Pos, AZ 86514.**

Now, it is time to run!

You can run your 26.2 miles between now and the first of May. You can run at school with your teachers and classmates. You can also run at home. Run with friends or run with your family. Run in P.E. class, run behind the chapter house, run to the bus stop, run to your grandma's . . . it all counts! Just keep track of your miles and record it on your running log.

You can track your miles on the form below, then give it to your teacher!

You can always e-mail us at chuskaman@yahoo.com with any questions.

Or you can contact us at (505) 686-2300 or (928) 429-0345

www.navajoyes.org | | www.facebook.com/NavajoYES

Circle the mile numbers below as you get them done –

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – 11 – 12 – 13 – 14 – 15

16 – 17 – 18 – 19 – 20 – 21 – 22 – 23 – 24 – 25 – 26.2!