

Beat the Blues Winter "Marathon"

Almost there!
You can do it!

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

Finish!

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The Challenge: Complete a full "marathon" worth of activities (or more!) between January 1st – February 12th 2020. Run, walk, 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 and submit online after each "marathon" you complete for a chance to win!

Raffle Prize: Complete one or more "marathons" for a chance to win a \$50 gift card to Decorah Bicycles that you can use to rent skis, ice skates, snowshoes, or bikes! The more "marathons" you complete, the more chances you have to win!

Submit Your Completed "Marathons":

Visit <https://uerpc.org/safe-routes.html> to complete the online Mileage Log Survey and be entered to win the raffle prize.

Wondering HOW to complete your miles?

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

Be creative, have fun & try something new!
Check out local businesses or County Conservations for winter equipment rentals.

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Good Start!

Keep it up!

You're getting closer!

Halfway done!

