



Miles, Meals + Math

A 7-day challenge to encourage physical activity, healthy eating, and math skills for kids ages 4 to 13

Step 1: Register between May 27th and June 21st at The Brick Running & Tri-Store (410A Main Street, Danville, VA 24541). The cost is \$3.00 per child. You can earn money to pay the cost of the registration fee by doing chores around the house. Pick up your Tracking Form when you pay your registration fee.

Step 2: Complete the challenge, June 23rd – June 29th and log your progress on your Tracking Form.

- + **Miles:** Each day, you must run and/or walk ½ mile. Record the time on the Tracking Form.
- + **Meals:** Each day, you must eat at least three bites of one fruit and three bites of one vegetable. The catch is, you must eat a different fruit and a different vegetable each day. Record your fruit and vegetable choices on the Tracking Form.
- + **Math:** At the end of the week, total the time it took you to run/walk the ½ mile each day. Then, find your average time. Record the total time and average time on the Tracking Form.

Step 3: Return your completed Tracking Form by July 2nd by dropping it off at The Brick, OR by scanning/emailing it to brick410a@verizon.net

Step 4: Wait for the results! On July 3rd, we will announce the winners of the challenge! There will be a total of 16 winners: one boy and one girl from each age category. Winners will be chosen based on this criteria:

- + Your Tracking Form is turned in on time (by July 2nd)
- + Your Tracking Form is complete, and shows that you fulfilled the challenge.
- + You have the lowest average time in your age/gender category



Questions? Contact The Brick at (434) 799-5957 or brick410a@verizon.net



REGISTRATION FORM (Please PRINT clearly)

Name: _____

Preferred T-Shirt Size (Circle ONE): Youth S / M / L Adult S / M / L / XL

Donate my \$3 registration fee to: The Boys & Girls Club St. Jude's Children's Hospital

Parent/Legal Guardian: _____

Phone: _____ Email: _____

	Age/Gender Category (Check ONE)	
	Male	Female
4yo	<input type="checkbox"/>	<input type="checkbox"/>
5yo	<input type="checkbox"/>	<input type="checkbox"/>
6yo	<input type="checkbox"/>	<input type="checkbox"/>
7yo	<input type="checkbox"/>	<input type="checkbox"/>
8yo	<input type="checkbox"/>	<input type="checkbox"/>
9yo	<input type="checkbox"/>	<input type="checkbox"/>
10-11yo	<input type="checkbox"/>	<input type="checkbox"/>
12-13yo	<input type="checkbox"/>	<input type="checkbox"/>

WAIVER: I understand t-shirts are available while supplies last. I assume full and complete responsibility for any injury or accident which may occur while I am participating in this program. I, for myself and my heirs and executors, hereby waive, release and forever discharge the program directors, The Brick Running & Tri-Store, Danville Orthopedic & Athletic Rehabilitation, all of the event organizers, beneficiaries and sponsors and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this program I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs and records of this program.

Signature of Parent/Legal Guardian: _____ Date: _____