

## **Children Grades K-12: Virtual Run and Walk**

### **Complete 12 +Miles from October 1<sup>st</sup> through October 29<sup>th</sup>**

In the month of October, the Health and Human Service Department (HHSD) Diabetes Program is having a Youth Virtual Run and Walk. This event is for youth ages 5 to 17 years of age within the five-county service areas (Coos, Curry, Douglas, Lincoln, and Lane). Participants are to complete 12 or more miles in the month of October. All participants will receive a fitness tracker watch as an incentive. The fitness tracker will help to keep track of how many steps are taken in a day. Did you know that 2,000 steps equal 1 mile? Steps counted each day can be counted towards your miles completed in the month of October.

Suggestions for running by age are below. Keep in mind, these goals are to keep your child healthy. Find the most appropriate form of exercise that is safe for your child. Not everyone is going to be able to do the same amount of intensity of exercise. These are just suggestions by [nationwidechildrens.org](http://nationwidechildrens.org). It can be used as a guide to help improve the wellbeing of our future generation.

- 9 years and under: 1 to 1.5 miles of running = 3 miles of riding a bike to 4.5 miles
- 9 years to 13 years: 1.5 to 3.2 miles = 4.5 miles of riding a bike to 9.6 miles
- 14 years to 18 years: 3.2 to 6.4 miles = 9.6 miles of riding a bike to 19.2 miles
- Additional conversion: Four miles of running equals one mile of swimming

#### **Special Incentives:**

- There is a costume photo competition as well! Top 3 of each age category (TBD once registration is completed) will receive a special incentive.
- Top 3 in each category (TBD once registration is completed) for top miles completed, will receive a special incentive.

#### **How to Enroll! Have any Questions?**

Call or email Kristy Petrie at: (541) 888-7521 email: [kpetrie@ctclusi.org](mailto:kpetrie@ctclusi.org)

or

Armando Martinez at: (541) 435-7228 email: [amartinez@ctclusi.org](mailto:amartinez@ctclusi.org)

#### **How to Report Miles:**

- A weekly call to check up on your youth's participation, provide encouragement, offer support, and address other needs is encouraged. Kristy is available for these services. The child and/or parent can report miles completed during the week.
- You can call and/or email miles completed for the month of October by October 30<sup>th</sup> to be eligible for the special incentive.

**\*CALENDAR YOUTH VIRTUAL RUN TO BE ENTERED HERE AS A TEMPLATE.  
ATTACHED AS A PDF**