

You can run your last mile at the Virginia 529 Kids Run on Saturday, March 31 (paid entry required). You'll cross the same finish line as participants in the Ukrop's Monument Avenue 10k, where you'll be greeted by cheers from the crowd and awarded a commemorative finisher's medal! Go to www.sportsbackers.org to register.



2012
Sports Backers
KIDS
CHALLENGE

Run!

Run or walk regularly and color in how far you go. Find a safe place to run in your neighborhood. Remember, one square equals one mile.

Earn!

Kids Challenge runners earn terrific rewards for accomplishing goals. Every 5 miles, you earn a FREE Kids Challenge prize. Just have an adult sign the appropriate sponsor coupon, then trade it in to claim your reward!

Celebrate!

To complete the Kids Challenge, run all 26 miles, color in the squares, and collect your finisher's medal! You can even run your last mile at the Virginia 529 Kids Run on March 31!

- #1
- #2
- #3
- #4
- #5

FREE MAGNET FRAME
 Redeemable at Sports Backers Stadium.

Child has completed **5 miles**
 (parent's or teacher's initials)

FREE FRISBEE
 Redeemable at Sports Backers Stadium.

Child has completed **10 miles**
 (parent's or teacher's initials)

FREE SUNGLASSES
 Redeemable at Sports Backers Stadium.

Child has completed **15 miles**
 (parent's or teacher's initials)

FREE DRAWSTRING BAG
 Redeemable at Sports Backers Stadium.

Child has completed **20 miles**
 (parent's or teacher's initials)

CONGRATS!
 You Completed the Kids Challenge!
 Pick up your finisher's medal.

Child has completed **26 miles**
 (parent's or teacher's initials)

Redeem this coupon for a magnet frame at Sports Backers Stadium (100 Avenue of Champions, Suite 300, Richmond, VA 23230). If you're a teacher interested in redeeming a large quantity of coupons for your students, please call (804) 285-9495. Limit one coupon per participant. Coupon not reproducible. Expires 5/1/12.

Redeem this coupon for a frisbee at Sports Backers Stadium (100 Avenue of Champions, Suite 300, Richmond, VA 23230). If you're a teacher interested in redeeming a large quantity of coupons for your students, please call (804) 285-9495. Limit one coupon per participant. Coupon not reproducible. Expires 5/1/12.

Redeem this coupon for sunglasses at Sports Backers Stadium (100 Avenue of Champions, Suite 300, Richmond, VA 23230). If you're a teacher interested in redeeming a large quantity of coupons for your students, please call (804) 285-9495. Limit one coupon per participant. Coupon not reproducible. Expires 5/1/12.

Redeem this coupon for a drawstring bag at Sports Backers Stadium (100 Avenue of Champions, Suite 300, Richmond, VA 23230). If you're a teacher interested in redeeming a large quantity of coupons for your students, please call (804) 285-9495. Limit one coupon per participant. Coupon not reproducible. Expires 5/1/12.

Redeem this coupon for your Kids Challenge finisher's medal at Sports Backers Stadium (100 Avenue of Champions, Suite 300, Richmond, VA 23230). If you're a teacher interested in redeeming a large quantity of coupons for your students, please call (804) 285-9495. Limit one coupon per participant. Coupon not reproducible. Expires 5/1/12.



This Belongs To:

Name: _____

Teacher: _____

School: _____

Grade: _____

A Program of the Sports Backers



The following organizations have provided funds to support the youth running program.

Generous donations from the participants of the Ukrop's Monument Avenue 10k.

Virginia 529 College Savings Plan

I ♥ Running!

Get Out! Get Moving!

Make exercise fun and a regular part of your day. Sweat makes you cool—really! Get fit with family and friends. Turn off the TV and video games and turn on the fun. So, go out and enjoy a run!

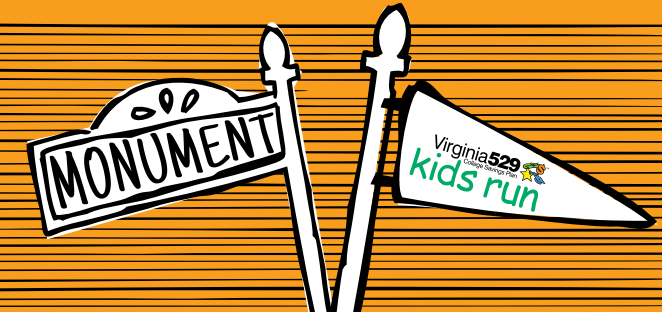
Eat Great!

Start each day with breakfast. Eat more fruits and veggies (and fewer sweets and fried foods). Drink water.

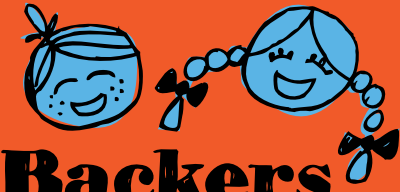
Register!

You have the option to run your last mile for the Kids Challenge at the Virginia 529 Kids Run!* It's part of the Ukrop's Monument Avenue 10k on March 31. For more information go to www.sportsbackers.org.

** There is no obligation to register for the Virginia 529 Kids Run in order to participate in the Sports Backers Kids Challenge.*



2012



Sports Backers

KIDS CHALLENGE

{My Running Log}

Run! Earn! Celebrate!

Start running and keep track of your miles. Every 5 miles you earn a free prize. You can even run your last mile for the Kids Challenge at the Virginia 529 Kids Run on March 31 as part of the challenge. **Start today!**