

JUNE		MILES	TOTAL MILES
1	FR		WEEK 1
2	SA		
3	SU		WEEK 2
4	MO		
5	TU		
6	WE		
7	TH		
8	FR		WEEK 3
9	SA	Kickoff! 10 a.m.-1 p.m. Jefferson Pointe, fountain	
10	SU		
11	MO		
12	TU		
13	WE		
14	TH		
15	FR		WEEK 4
16	SA		
17	SU		
18	MO		
19	TU		
20	WE		
21	TH		WEEK 5
22	FR		
23	SA		
24	SU		
25	MO		
26	TU		
27	WE		
28	TH		
29	FR		
30	SA		

JULY		MILES	TOTAL MILES
1	SU		WEEK 6
2	MO		
3	TU		
4	WE		
5	TH		WEEK 7
6	FR		
7	SA		
8	SU		
9	MO		
10	TU		WEEK 8
11	WE	Walking Tour! 6 p.m. Moser Park, New Haven	
12	TH		
13	FR		
14	SA		WEEK 9
15	SU		
16	MO		
17	TU		
18	WE		
19	TH		
20	FR		WEEK 10
21	SA		
22	SU		
23	MO		
24	TU		
25	WE		
26	TH		
27	FR		
28	SA		
29	SU		
30	MO		
31	TU		

AUG.		MILES	TOTAL MILES
1	WE	Walking Tour! 6 p.m. Salomon Farm Park	WEEK 11
2	TH		
3	FR		
4	SA		
5	SU		
6	MO		WEEK 12
7	TU		
8	WE		
9	TH		
10	FR		WEEK 13
11	SA		
12	SU		
13	MO		
14	TU		
15	WE		
16	TH		WEEK 14
17	FR		
18	SA		
19	SU		
20	MO		
21	TU		
22	WE		
23	TH		
24	FR		
25	SA		
26	SU		
27	MO		
28	TU		
29	WE		
30	TH		
31	FR		

SEPT.		MILES	TOTAL MILES
1	SA		WEEK 15
2	SU		
3	MO		
4	TU		
5	WE	Walking Tour! 6 p.m. Jefferson Pointe, Panera	WEEK 16
6	TH		
7	FR		
8	SA		
9	SU		
10	MO		WEEK 17
11	TU		
12	WE		
13	TH		
14	FR		
15	SA		
16	SU		WEEK 18
17	MO		
18	TU		
19	WE		
20	TH		
21	FR		
22	SA		
23	SU		
24	MO		
25	TU		
26	WE		
27	TH		
28	FR	Final mile! 6:30 p.m. 1301 Ewing St.	
29	SA		
30	SU		

THANK YOU SPONSORS!



Walk at Jefferson Pointe Shopping Center for a chance to win a \$250 GIFT CARD.

Jefferson Pointe offers two marked walking paths, starting at Panera Bread. To be eligible for the drawing, you must be signed up for the **Fort4Fitness Seniors Marathon**, and your logbook must be stamped at the Jefferson Pointe office (located near the indoor playground) each time you walk.

WALK FIVE TIMES at Jefferson Pointe = 1 ENTRY to win
WALK 10 TIMES at Jefferson Pointe = 3 ENTRIES to win

HOW TO USE THIS LOGBOOK

- › Plan your walks/runs weekly.
- › Circle the miles that you actually achieved. Be sure to adjust your schedule if you miss a walk/run.
- › At the end of the week, add up your miles to see how far you've traveled toward your goal.

JUNE		MILES	TOTAL MILES
1	FR		WEEK 1
2	SA	.50	.50
3	SU		WEEK 2
4	MO	.25	
5	TU	.75	
6	WE		
7	TH	.50	
8	FR		.75

MEET UP LOCATIONS

- › **Jefferson Pointe, June 9**, center fountain
- › **Jefferson Pointe, Sept. 5**, Panera Bread 4130 W. Jefferson Blvd., Fort Wayne, IN 46804
- › **Moser Park** 601 W. Main, New Haven, IN 46774
- › **Salomon Farm Park** 817 W. Dupont Rd. Fort Wayne, IN 46825
- › **Final mile!** 1301 Ewing St., Fort Wayne, IN 46802

Walk, run, roll or complete various other activities (see activity conversion chart) to finish a total of 26.2 miles, a full marathon distance, throughout the summer!

Each participant will be at a different level—and that's perfectly fine! The goal is to get in at least one to two miles each week so that by Sept. 28, you only have 1.2 miles to complete during the finale celebration.

CONVERSION CHART

ACTIVITY	MINUTES = 1 MILE (2,000 steps)
Aerobics (low impact)	16
Baseball/Softball	20
Bicycling (leisurely, 10-12 mph)	20
Bowling	20
Dancing (all types)	15
Elliptical	10
Golfing	20
Hiking, general	12
Push Mowing/Light Gardening	27
Stationary Bicycling (light)	16
Swimming (leisure)	15
Tennis	10
Water Aerobics	20
Yoga	40



ENTER TO WIN! \$250 JEFFERSON POINTE GIFT CARD!
 WALK, RUN OR ROLL!
 MILEAGE LOGBOOK 26.2 INCREMENTAL MILES

