



# Shiprock Kids Marathon

The Shiprock Kids Marathon is for all young runners from the schools of Dine' Bikeyah, as well as our young visitors and runners from outside the area.

This is the second year in which the race will be run at your home school or neighborhood.

It is different than being together, but we can all still have a great run!!

Now that you are ready to sign up, here is what you do -

- If you are running with your school, your teacher will give you a registration form to fill out a form. You can return that form to the school folks after you and your parents complete it.
- If you are running on your own, you may e-mail the form to [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com), or you can also mail it to us at: **NavajoYES, P.O. Box 1487 Teec Nos Pos, AZ 86514.**

## Now, it is time to run!

**You can run your 26.2 miles between January and the first of May.** You can run at school or at home. Run with friends or run with your family. Run in P.E. class, run behind the chapter house, run to the bus stop, run to your grandma's . . . it all counts! Just keep track of your miles and record it on your running log.

**You can track your miles on the form below,** then give it to your teacher or mail it to us.

**You can always e-mail us at [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com) with any questions.**

**Or you can contact Rygie at (505) 686-2300**

**[www.navajoyes.org](http://www.navajoyes.org) | | [www.facebook.com/NavajoYES](https://www.facebook.com/NavajoYES)**

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*Circle the mile numbers below as you get them done –*

**1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – 11 – 12 – 13 – 14 – 15  
16 – 17 – 18 – 19 – 20 – 21 – 22 – 23 – 24 – 25 – 26.2!!**