




KID'S RODEO STAMPEDE!

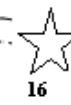
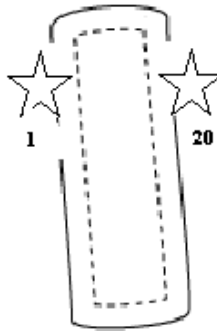
(Optional) Star Training Program

Color a star for each day of training! (see back for details)

 Saturday, May 30, 2009

 9am—12pm

 Evergreen Rodeo Grounds



Name: _____

Age: _____ School: _____

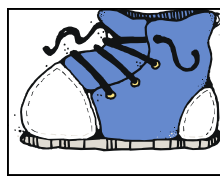
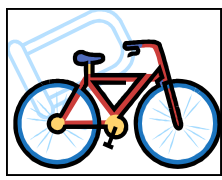
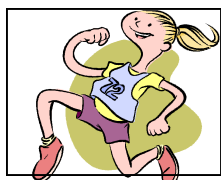
Phone Number: _____



Kids Star Training Program!

(To help you train on your own for the race!)

- * Choose whether you will be doing the 1 mile or the 2 mile race!
- * Choose a cardio activity!
- * Do the cardio activity for the amount of time listed by your race!
(Ex. If training for the 1 mile race, ride your bike for 20 min one day!)
- * Repeat this for 20 days! Try to choose a variety of cardio activities!
- * Color in one star on the picture (reverse side) for each day! Connect the dots and color your picture!
- * When your picture is complete, you'll be trained and ready for the race!




Running!
1 Mile: 10 min
2 Mile: 20 min

Biking!
1 Mile: 20 min
2 Mile: 40 min

Swimming!
1 Mile: 10 min
2 Mile: 20 min

Walking!
1 Mile: 20 min
2 Mile: 40 min

You choose!
Any type of cardio activity you like!
1 Mile: 20 min
2 Mile: 40 min

 Bring the completed picture with you to the Kids Rodeo Stampede Fun Run for special recognition and a chance to win great prizes **including a new pair of running shoes from Brooks!**

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Frames for All Reasons

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Evergreen Dance Company

Special thanks to New Balance