

A NOTE FROM ASSEMBLYMAN TOM McKEVITT

While I am sure most of you are looking forward to summer plans and a chance to relax after another year of school, don't forget to keep your mind and body in shape by reading and playing outside. That is why I created the Read and Run Marathon. It is a challenge to students to make a commitment to reading and physical fitness. Research shows that these two activities need to become habits at an early age in order to achieve lifelong success. It is not a competition between youngsters, rather it is an opportunity for children to improve their reading ability and increase physical fitness at their own pace and challenge themselves to do better.

Students must log their reading and physical activities for July and August. Using the 26-mile marathon as inspiration, each child is to complete 26-half hour reading blocks and 26-half hour activity blocks during July and August. Each 30 minute block equals one reading mile or one activity mile. Upon completion, mail the completed marathon calendar to me so they can be recognized with a New York State Assembly Certificate of Merit. The address is Assemblyman Tom McKeivitt, 1975 Hempstead Turnpike, Suite 202, East Meadow, NY 11554.

Good luck to all the students who participate in this challenge and have a happy and safe summer!



PLEASE PRINT

Name: _____

Address: _____

City/State/Zip: _____

School: _____

Total Points: _____

Your Signature: _____

Parent/Guardian Signature: _____

E-mail: _____



Assemblyman Tom McKeivitt's



2013
**READ & RUN
MARATHON**

Contact Assemblyman Tom McKeivitt

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Assemblyman Tom McKeivitt's READ & RUN MARATHON JULY 2013

30 MINUTES OF READING OR EXERCISE = 1 MILE

GOAL: 13 MILES OR MORE OF EACH PER MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Exercise _____ Reading _____	2 Exercise _____ Reading _____	3 Exercise _____ Reading _____	4 Exercise _____ Reading _____	5 Exercise _____ Reading _____	6 Exercise _____ Reading _____
7 Exercise _____ Reading _____	8 Exercise _____ Reading _____	9 Exercise _____ Reading _____	10 Exercise _____ Reading _____	11 Exercise _____ Reading _____	12 Exercise _____ Reading _____	13 Exercise _____ Reading _____
14 Exercise _____ Reading _____	15 Exercise _____ Reading _____	16 Exercise _____ Reading _____	17 Exercise _____ Reading _____	18 Exercise _____ Reading _____	19 Exercise _____ Reading _____	20 Exercise _____ Reading _____
21 Exercise _____ Reading _____	22 Exercise _____ Reading _____	23 Exercise _____ Reading _____	24 Exercise _____ Reading _____	25 Exercise _____ Reading _____	26 Exercise _____ Reading _____	27 Exercise _____ Reading _____
28 Exercise _____ Reading _____	29 Exercise _____ Reading _____	30 Exercise _____ Reading _____	31 Exercise _____ Reading _____	July Exercise Time: _____ July Reading Time: _____		

AUGUST 2013

30 MINUTES OF READING OR EXERCISE = 1 MILE

GOAL: 13 MILES OR MORE OF EACH PER MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Aug. Exercise Time: _____ Aug. Reading Time: _____		1 Exercise _____ Reading _____	2 Exercise _____ Reading _____	3 Exercise _____ Reading _____
4 Exercise _____ Reading _____	5 Exercise _____ Reading _____	6 Exercise _____ Reading _____	7 Exercise _____ Reading _____	8 Exercise _____ Reading _____	9 Exercise _____ Reading _____	10 Exercise _____ Reading _____
11 Exercise _____ Reading _____	12 Exercise _____ Reading _____	13 Exercise _____ Reading _____	14 Exercise _____ Reading _____	15 Exercise _____ Reading _____	16 Exercise _____ Reading _____	17 Exercise _____ Reading _____
18 Exercise _____ Reading _____	19 Exercise _____ Reading _____	20 Exercise _____ Reading _____	21 Exercise _____ Reading _____	22 Exercise _____ Reading _____	23 Exercise _____ Reading _____	24 Exercise _____ Reading _____
25 Exercise _____ Reading _____	26 Exercise _____ Reading _____	27 Exercise _____ Reading _____	28 Exercise _____ Reading _____	29 Exercise _____ Reading _____	30 Exercise _____ Reading _____	31 Exercise _____ Reading _____

Student's Name: _____

Student's Grade as of September 2013: _____

I certify that this student has completed 26 thirty-minute exercise blocks and 26 thirty-minute reading blocks.

Parent's signature: _____