

# A NOTE FROM ASSEMBLYMAN PHIL PALMESANO

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; instead, 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 marathon calendar to me so the student can be recognized with a New York State Assembly Certificate of Merit. The address is Assemblyman Phil Palmesano, 105 E. Steuben Street, Bath, NY 14810.

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: \_\_\_\_\_

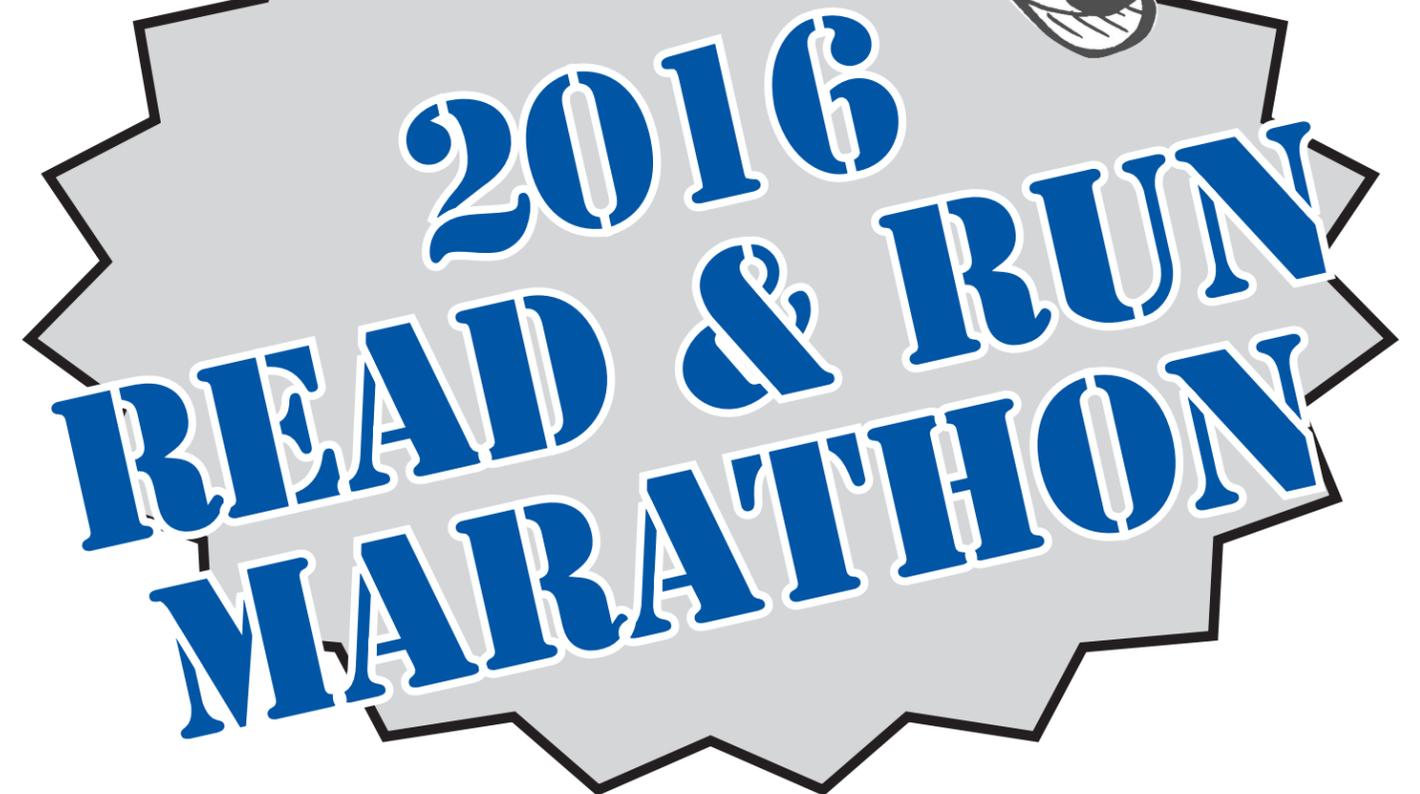
Your Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

E-mail: \_\_\_\_\_



## Assemblyman Phil Palmesano's



2016  
READ & RUN  
MARATHON

Contact Assemblyman Phil Palmesano

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# Assemblyman Phil Palmesano's READ & RUN MARATHON JULY 2016

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 _____						

## AUGUST 2016

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 _____			

Student's Name: \_\_\_\_\_

I certify that this student has completed his or her summer goals.

Student's Grade as of September 2015: \_\_\_\_\_

Parent's signature: \_\_\_\_\_