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.

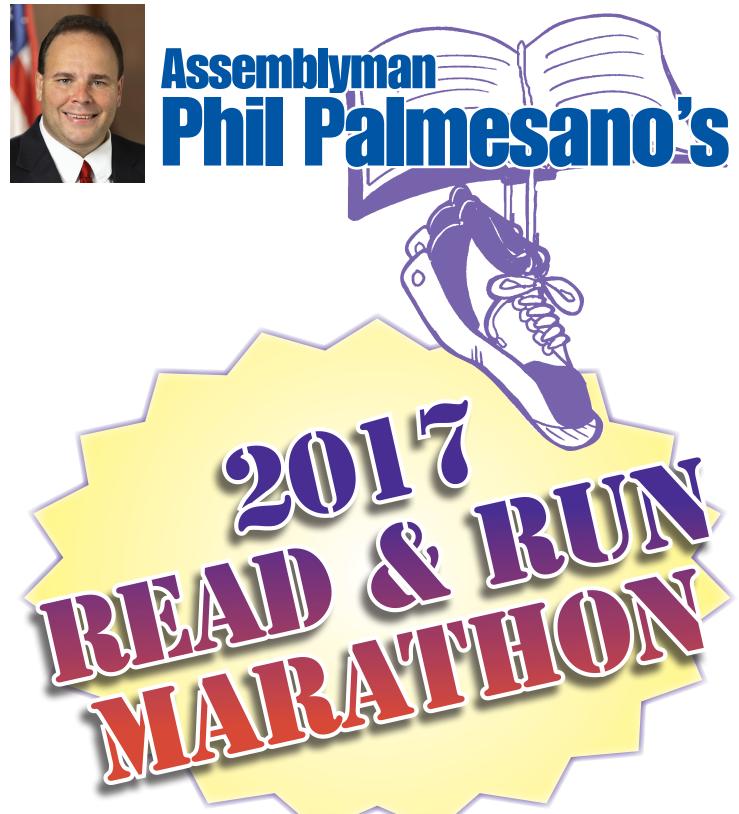
Students must log their reading and physical activities for July and August. Using the 26-mile marathon as inspiration, each child is to complete 26 half-hour reading blocks and 26 half-hour activity blocks during July and August. Each 30-minute block equals one reading mile or one activity mile. Upon 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.

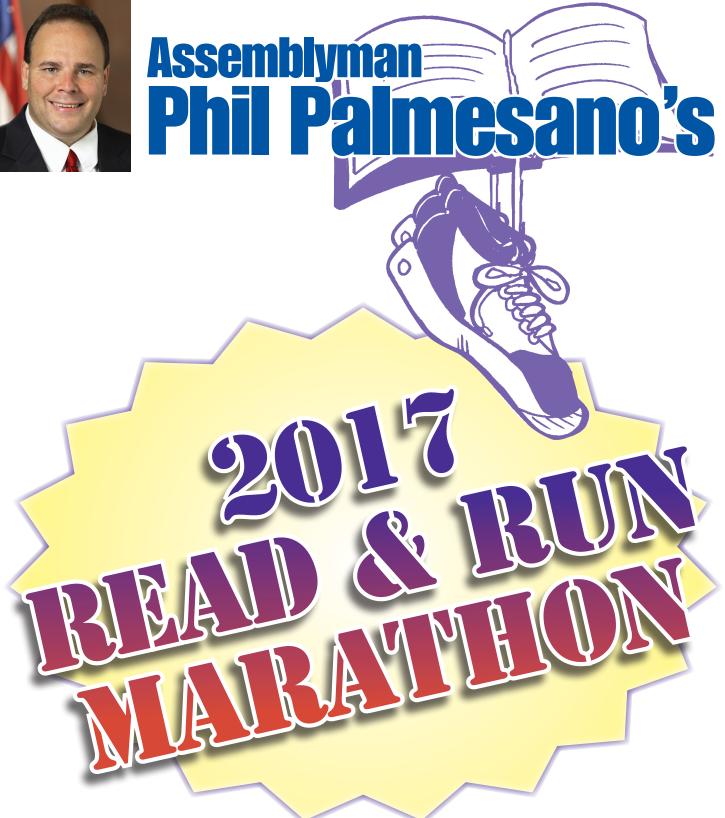
Good luck to all the students who participate in this challenge and have a happy and safe summer!



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PLEASE PRINT
Name:
Address:
City/State/Zip:
School:
Total Points:
Your Signature:
Parent/Guardian Signature:
E-mail:





Contact Assemblyman Phil Palmesano 105 East Steuben Street • Bath, NY 14810 (607) 776-9691 • palmesanop@nyassembly.gov

Assemblyman Phil Palmesano's EAD & RUN MARATHON **JULY 2017**

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	3	4	5	6	7	8
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
Reading	Reading	Reading	Reading	Reading	Reading	Reading
9	10	11	12	13	14	15
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
Reading	Reading	Reading	Reading	Reading	Reading	Reading
16	17	18	19	20	21	22
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
Reading	Reading	Reading	Reading	Reading	Reading	Reading
23	24	25	26	27	28	29
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
Reading	Reading	Reading	Reading	Reading	Reading	Reading
30 Exercise Reading	31 Exercise Reading			Time: Time:		

AUGUST 2017

	30 MINUTES OF READING OR EXERCISE = 1 MILE			GOA	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	7	8	9	10	11	12	
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	
Reading	Reading	Reading	Reading	Reading	Reading	Reading	
13	14	15	16	17	18	19	
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	
Reading	Reading	Reading	Reading	Reading	Reading	Reading	
20	21	22	23	24	25	26	
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	
Reading	Reading	Reading	Reading	Reading	Reading	Reading	
27	28	29	30	31	Aug. Exercise Time: Aug. Reading Time:		
Exercise	Exercise	Exercise	Exercise	Exercise			
Reading	Reading	Reading	Reading	Reading			

Student's Name: ____

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

Student's Grade as of September 2017:

Parent's signature: _