



With us, it's personal.

26.2 Krazy Kool Things to do This Summer!

- 1 Keep running! Train now for Marathon Kids 2011-2012! See how many miles you can run over the summer!
- 2 Enjoy a day at the Cheviot Hills Park and Community Center. FREE! 2551 Motor Ave, Los Angeles, CA 90064.
- 3 Throw some veggies on the barbeque tonight! Grilled peppers, onions, mushrooms, corn-on-the-cob! Yum!
- 4 Shoot some hoops! Challenge a friend or sibling to the classics - HORSE, knockout, or Around the World!
- 5 Hike the Runyon Canyon Loop - a great workout, about 3 miles, with beautiful views of Los Angeles!
- 6 FREE Tuesdays at the Autry Museum of Western Heritage. 2nd Tuesday of every month is FREE!
- 7 Twilight Dance Series at the Santa Monica Pier. FREE concerts on Thursday nights @ 7pm, starts July 8th.
- 8 Play in the waves and the sand at the beach, or take a jog between lifeguard towers. Don't forget sunscreen!
- 9 Take a FREE archery class on Saturday mornings at Pasadena Roving Archers. www.rovingarchers.com
- 10 Monday Morning concerts FREE at the Madrid Theater, June-August, 10AM. www.culturela.org/madridtheatre
- 11 Jump rope! Have a contest with your friends to see who can jump the longest!
- 12 Watch the excavators at La Brea Tar Pits in Hancock Park. Free museum admission 1st Tuesday each month!
- 13 Take your dog for a walk! Don't have one? Offer to take your neighbor's dog!
- 14 Try 2 new fruits and veggies at your local Farmer's Market! Lists here: <http://projects.latimes.com/farmers-markets>
- 15 Play hopscotch with your friends. Not sure how? Ask Mom or Dad, they know everything!
- 16 FREE walking tour of the Pueblo de Los Angeles Historical Monument and marketplace; Wed-Sat, 10AM-Noon.
- 17 Pour your favorite 100% juice into a paper cup, add a stick and put in the freezer for a healthy treat!
- 18 Grunion Run in Redondo Beach! Under 16 don't need fishing licenses!<http://www.southbayevents.com/events/grunionrun.asp>
- 19 Challenge your neighbors to a game of handball or four-square! All you need is a red rubber ball!
- 20 Spend the day at the California Science Center! General Admission is FREE!
- 21 Run the track at your local high school stadium! Too easy? Add some stairs to your workout!
- 22 Start your morning with a dance party to your favorite song! You'll be dancing all day!
- 23 Free Swim Program through LA Dept. of Recreation&Parks. Check with your local branch for hours and info.
- 24 Spend the day at Culver City Park! Facilities include b-ball courts, soccer fields, skate park, and a nature trail!
- 25 Get the blender out (with your parents help) - mix nonfat yogurt, fruit, and ice together for a smoothie!
- 26 Gulp gulp! Stay hydrated and drink at least 4 glasses of water/day! Make them fun with lemons or melon!
- 26.2 Visit your local library and check out a book or two about running!

Parents and Teachers: Join our e-mail list and Facebook!

www.MarathonKids.org
www.facebook.com/MarathonKids