



Assemblyman Bob Barra's

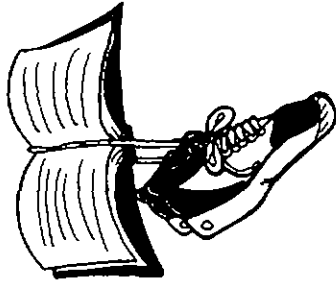


Contact Assemblyman Bob Barra

534 Merrick Road • Lynbrook, NY 11563

(516) 561-8216 • E-mail: barrar@assembly.state.ny.us



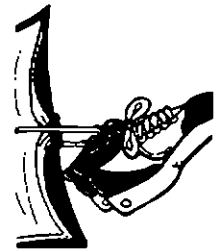


Assemblyman Bob Barra's BIBLAD & BUN MARRATHION JULY 2007

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 2007

30 MINUTES OF READING OR EXERCISE = 1 MILE

GOAL: 13 MILES OR MORE OF EACH PER MONTH

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 _____
----	----------------	---------------

Aug. Exercise Time: _____	Aug. Reading Time: _____
---------------------------	--------------------------

4	Exercise _____	Reading _____
---	----------------	---------------

Student's Name: _____

Student's Grade as of September 2007: _____

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

Parent's signature: _____

WHAT IS BOB BARRA'S READ & RUN MARATHON?

The Read and Run Marathon is a challenge to students to make a commitment to reading and physical fitness. Research supports 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 to have children improve their reading ability and increase physical fitness at their own pace.

Students must log their reading and physical activities for July and August. Using the 26-mile marathon as the inspiration, each child's goal 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. To be successful, children must pace themselves through the summer's vacation.

Students hand in their marathon calendars to their classroom teacher the first week in September and logs will be forwarded to Assemblyman Bob Barra's office for recognition.



PLEASE PRINT

Name: _____

Address: _____

City/State/Zip: _____

School: _____

Total Miles: _____

Your Signature: _____

Parent/Guardian Signature: _____
