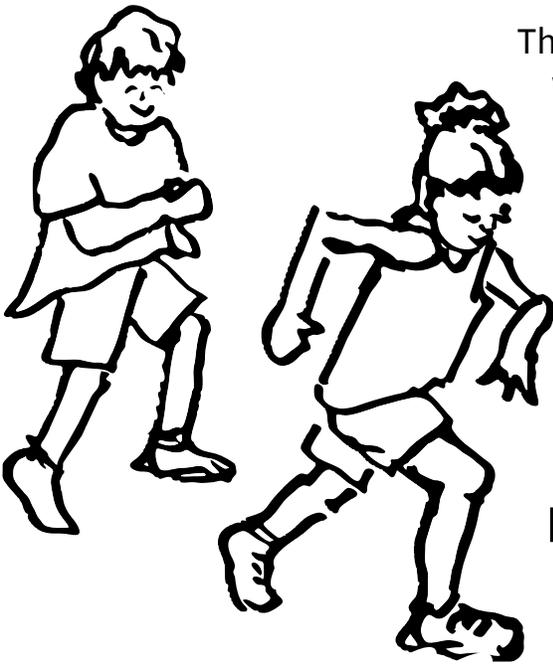# Now you are ready for the

# Sheetz Pittsburgh Toddler Trot

The Sheetz Pittsburgh Toddler Trot is a wonderful way for toddlers to participate in the DICK'S Sporting Goods Pittsburgh Marathon weekend of events. This event is the culminating race for Kids of STEEL participants following the Toddler Trot training plan.

**Saturday, May 4, 2019**

**First toddler trot heat starts at 8:30am**

**Cost $10**

Register at

**pittsburghmarathon.com/toddlertrot**

*Parents and guardians must accompany the child on the course. There is no charge for grown-ups.
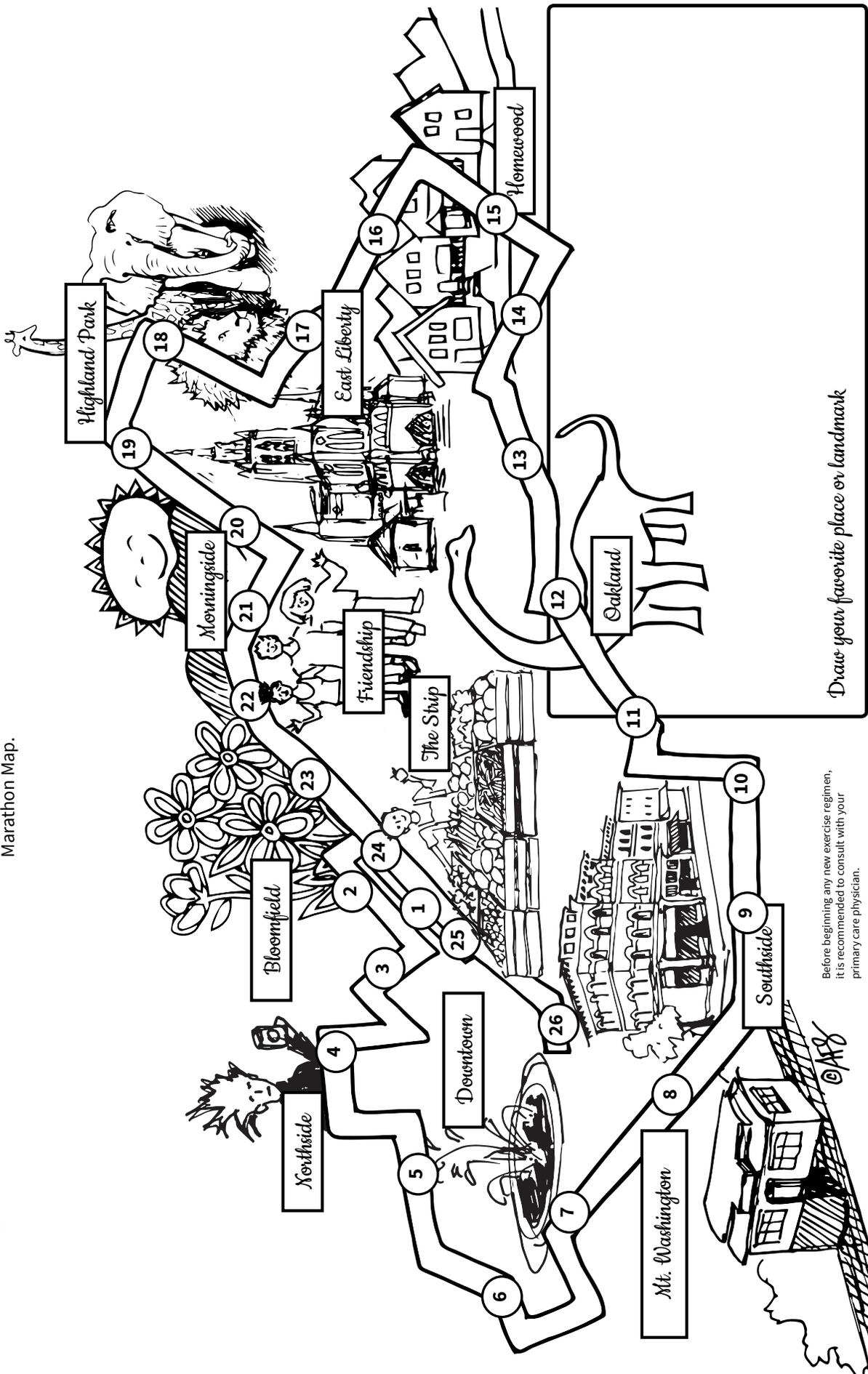
# Complete the Toddler Trot Coloring Sheet by moving 26 miles!

**1 mile is 15 minutes of activity.** Enjoy a family walk or play to engage developing motor skills. For every mile or 15 minutes, color in a section of the Pittsburgh Marathon Map.

**Here are some acitivities to try:**

**Ball skills:** catching, throwing, kicking, underarm roll

**Locomotor skills:** running, jumping, hopping, climbing, skipping, leaping

**Balance skills:** balance on a curb, walk on tippy toes, hop on one foot, walk in a straight line with your eyes closed, try a yoga tree pose

Draw your favorite place or landmark

Northside

Downtown

Bloomfield

Morningside

Highland Park

Friendship

The Strip

East Liberty

Homewood

Oakland

Southside

Mt. Washington

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

# Taste new foods by trying new colors!

Break up the beige and add some color!

By incorporating colors on your plate, you increase and diversify nutritional benefits. Different colors in fruits and vegetables is nature's way of helping you eat a variety of nutrients. Let's try 26 new foods in the following color groups plus one bonus food to fuel your body for running! Always be present when your child is trying something new for the first time in case they have an allergic reaction. Tell us what you tried:

**RED (ex. Strawberry, radish, red kidney beans)**

► 
► 
► 
► 
► 

**BLUE/PURPLE (ex. eggplant, blueberries, purple grapes)**

► 
► 
► 
► 
► 

**YELLOW/ORANGE (ex. orange peppers, squash, bananas)**

► 
► 
► 
► 
► 

**BROWN/WHITE (ex. onions, mushrooms, navy beans)**

► 
► 
► 
► 
► 

**GREEN (ex. spinach, green lentils, lettuce)**

► 
► 
► 
► 
► 

**TELL US SOMETHING ELSE YOU TRIED:**