



# 2018 Ashland Kids on Track Program

Boone Hospital Center's Community Youth Program

Kids on Track is a 3-month-long summer youth program for kids **12 years of age and younger**. Over the summer, youth are encouraged to run, walk, bike, skate or swim **26.2 miles, a marathon!** Along the way, they get rewards from local **Mile Sponsors**. Just record each kid's completed miles on their tracking sheet. Look forward to a summer when your kids complete a marathon! How cool is that?!

**Best of all, it's free!**

Register at [boone.org/kidsontrack](http://boone.org/kidsontrack) then click on the Ashland tab.

The 2 Kick Off Events and the Finale event will take place in Columbia this year, combined with our Kids on Track participants in Boonville, Centralia, Columbia, Hallsville, Mexico & Moberly.

## Kick Off Event on 2 Dates

You only need to attend 1

- |                        |    |                        |
|------------------------|----|------------------------|
| Saturday, May 12, 2018 | OR | Saturday, May 19, 2018 |
| 1 pm – 4 pm            |    | 1 pm – 4 pm            |
| Boone Hospital Center  |    | Boone Hospital Center  |
| Nifong Medical Plaza   |    | Nifong Medical Plaza   |
| - 900 W Nifong Blvd    |    | - 900 W Nifong Blvd    |
| - Columbia, MO 65203   |    | - Columbia, MO 65203   |
- *Pick up participants' 2018 Tracking Sheets*
  - *Enjoy fun activities for the kids!*
  - *Stop by any time*
  - *Kids do NOT need to be present for a parent to pick up information*

## Finale Event

Saturday, August 18, 2018

1 pm – 4 pm

Stephens Lake Park

- 2001 East Broadway
- Columbia, MO 65201

1 pm – 4 pm:

- *Fun activities in the park*
- *Kids get a free KOT T-shirt*

2 pm – Group 1 mile walk/run

- *Kids get a 26.2 medal*

## 2018 Ashland Mile & Event Sponsors:

- |  |                                      |                  |
|--|--------------------------------------|------------------|
| - Southern Boone County Library                      | - Kilgore's Medical Pharmacy         | - Bonkers        |
| - The Callaway Bank                                  | - Southern Boone Area YMCA           | - CoMotion Dance |
| - Edward Jones – Cody Hackmann                       | - River Region Credit Union          | - The Mud Room   |
| - Peak Sport and Spine                               | - Total Lending Concepts             | - Chateau Homes  |
| - Boone Medical Group – Ashland                      | - ARC – Activity & Recreation Center |                  |
| - Central Bank of Boone County – South County Branch |                                      |                  |



Boone Hospital Center BHC HealthCare

Boone Medical Group BIC HealthCare

