



20/20 Training Tips

To help you get ready for the Union-Tribune Kids Magic Mile on Saturday, May 3, 2008 in Balboa Park, here are a few tips:

Reading

- 1 Pick something you and your child enjoy and take turns reading to each other.
- 2 Get your child a subscription to a magazine about a hobby that he or she enjoys, such as sports or arts & crafts.
- 3 Have your child read the comics in today's Union-Tribune. Have him or her identify all the different types of animals represented.
- 4 Go to the library together and look for books on running and famous runners.
- 5 Have a family vacation planned? Research the vacation spot – either on-line or in a book – and have your child read that information.

Running

- 1 Be sure to warm up before your walk/run and cool down after. Reach for the sky, then touch your toes. Repeat three times. Then gently do the twist, rotating your upper body from side to side.
- 2 Where to go? Just head out your front door and start walking or running. Check your watch and when you reach 10 minutes, turn around and head home.
- 3 Try running in new places like the beach or park.
- 4 Walk or run at a pace you can maintain while talking. Use the time to tell each other a story or sing a song.
- 5 Get the neighborhood kids together and hold a relay race or scavenger hunt.