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University of Maine Cooperative Extension

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Cooperative Extension: 4-H



Virtual Fun Run

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Virtual Fun Run

Help ME Conquer the Maine Coastline Virtual Run/Walk/Bike

University of Maine Cooperative Extension 4-H would like to invite you to join us as we try to run, walk, and bike all the way along the coast of Maine! Together our goal is to cover 3,478 miles by running, walking, and biking from August 15–September 15.



3,478 miles of coastline! Photo Courtesy of Maine.gov.

Along the way, we will introduce more people to the hidden secrets of UMaine Extension 4-H. Just like the coast of Maine, there are so many amazing experiences and things to explore! Our goal is to share some great events, fun programs, and projects you can participate in when you join 4-H while getting outside and staying active!

It's simple! All you have to do is register and then log your miles. Anyone can join! Current 4-H members, family, friends, teachers, cousins — anyone! We hope you will share this fun event on Facebook and email. You can even invite your classmates on your next Zoom call. The more people that join, the better chance we have of reaching our goal.

Upon registration, you will receive a tracking sheet to log your miles. You can run, walk, bike, rollerblade, or even jump rope for your miles. You can do one mile a day or more! Every mile adds up. Get outside, enjoy the fresh air, and stay active.

For more information or to request a reasonable accommodation, contact Cathy Gray, 207.581.8203; cathy.gray@maine.edu.

[REGISTER TO PARTICIPATE](#)

Have you already registered for the Maine 4-H Virtual Fun Run?

Track your mileage with this form:

[MAINE 4-H VIRTUAL FUN RUN MILEAGE TRACKER \(GOOGLE FORM\)](#)

Follow our progress of conquering the Maine Coastline by clicking on the clover icons on the map. Each checkpoint will feature a video that shares a fun fact about the landmark, as well as a fun fact about 4-H. To get you started, **click on the University of Maine at Orono icon for a welcome video!**

[VIEW THE MAP AND VIDEOS](#)

Cooperative Extension: 4-H
 491 College Ave
 Orono, Maine 04473

Tel: 207.581.3877 or 1.800.287.0274
 (in Maine)
extension@maine.edu

