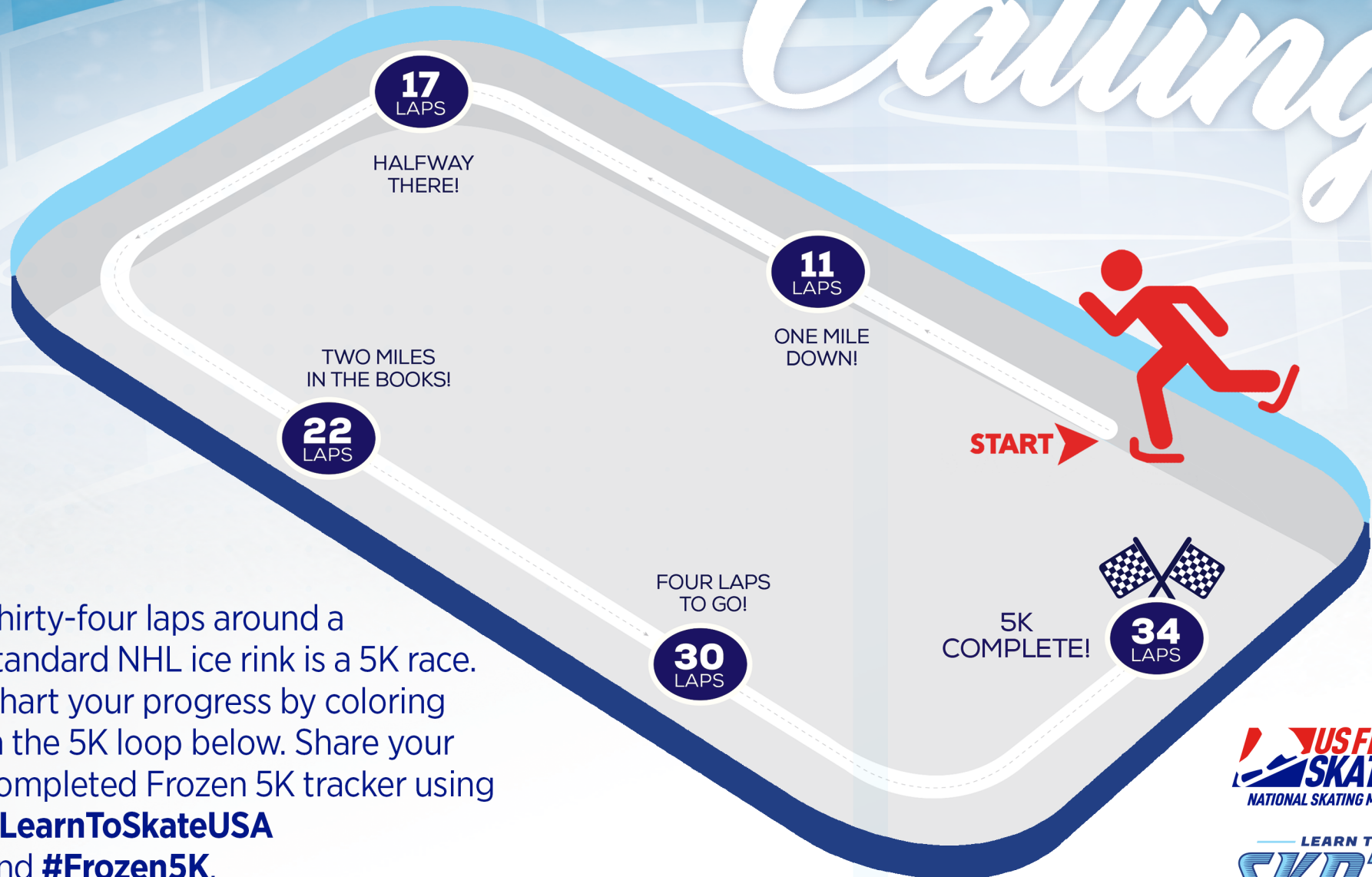


CELEBRATING 2025 NATIONAL SKATING MONTH

Challenge yourself
to complete a frozen 5K!

The Ice is
Calling



Thirty-four laps around a standard NHL ice rink is a 5K race. Chart your progress by coloring in the 5K loop below. Share your completed Frozen 5K tracker using **#LearnToSkateUSA** and **#Frozen5K**.

US FIGURE
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