

2022 NATIONAL SKATING MONTH

CHALLENGE YOURSELF TO COMPLETE A FROZEN 5K!



POWERED BY



Thirty-four laps around a standard NHL ice rink is the equivalent to skating a five kilometer race. Use the lap tracker below to color in the color in the 5K loop and chart your progress. Share your completed tracker with **#LearnToSkateUSA** and **#Frozen5K**.

NAME: _____ DATE COMPLETED: _____

COMPLETION TIME: _____

**COMPLETED
THE 5K?**

Scan here for a chance
to win a prize!

