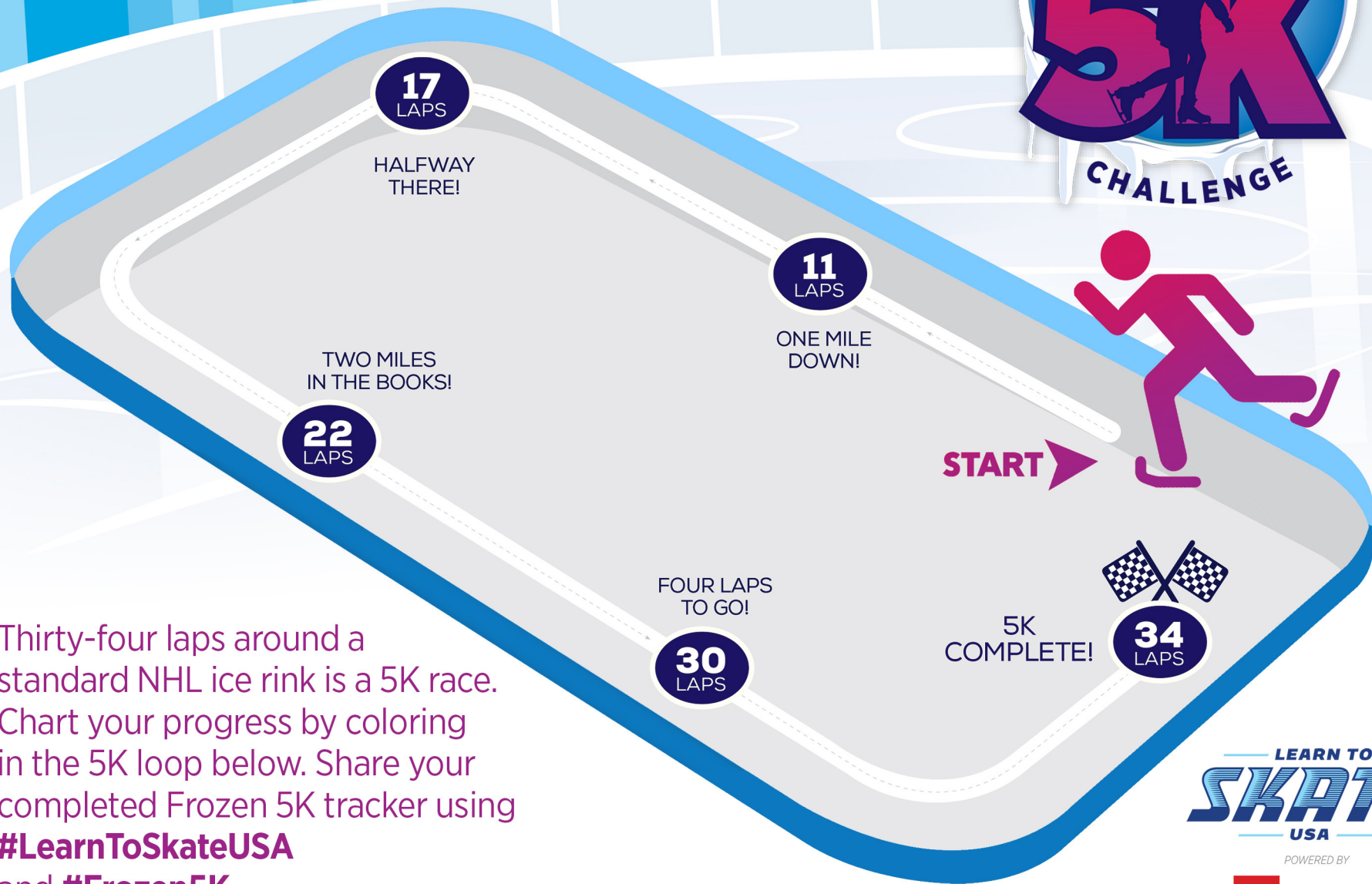


# CHALLENGE YOURSELF TO COMPLETE A FROZEN 5K!



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**.

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