



# Official Kids Mileage Log Sheet

Official paper registration forms must be received by November 15 to be eligible for race day participation. Online registration is available thru Nov. 30th.

**Use this to track your miles. Remember that you need to run at least 25.2 miles before race day!**

If you've been training as a group at school, ask your PE coaches if they will be keeping and turning in a log for you.

Race packets, bib numbers and medals will not be available to non-registered parties.

Student: \_\_\_\_\_

Initial Mile Time: \_\_\_\_\_

Grade: \_\_\_\_\_

Have someone time you in a one mile run at the beginning of your training then set a goal for a faster time at the end of training! Run some local fun runs each month to monitor your progress.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage	Accumulated Mileage
Week 1 (August 31-September 6)									
Week 2 (September 7-13)	Labor Day								
Week 3 (September 14-20)					*run@school				
Week 4 (September 21-27)									
Week 5 (September 28 - October 4)									
Week 6 (October 5-11)									
Week 7 (October 12-18)									
Week 8 (October 19-25)									
Week 9 (October 26-November 1)						Halloween			
Week 10 (November 2-8)						*Vulcan Run			
Week 11 (November 9-15)			Veterans Day						
Week 12 (November 16-22)							*Linn Park Lap		
Week 13 (November 23-29)				Thanksgiving					
Week 14 (November 30-December 6)							Hanukkah begins		
Week 15 (December 7-13)									
Week 16 (December 14-20)									
Week 17 (December 21-27)					Christmas Day				
Week 18 (December 28- January 3)					New Years Day				
Week 19 (January 4-10)									
Week 20 (January 11-17)									
Week 21 (January 18-24)	MLK Day					*Red Shoe Run			
Week 22 (January 25-31)									
			Log Sheets	Due 1-28-16					
<b>Saturday, February 13, 2016</b>								<b>1</b>	<b>26.2</b>

\* Optional events to check your progress - race info can be found at [www.trakshak.com](http://www.trakshak.com)

\* run@school  
<http://www.rrca.org/programs/>

Mail, Email or FAX completed log sheet to:  
Blue Cross and Blue Shield of Alabama Kids Mercedes Marathon, 1911 27th Ave., S., Birmingham, AL 35209  
FAX - 205.870.7729, Email - [info@mercedesmarathon.com](mailto:info@mercedesmarathon.com)