



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.

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

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.

Student: _____

Initial Mile Time: _____

Have someone time you in a one mile run at the beginning of your training then set a goal

Grade: _____

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 29-September 4)									
Week 2 (September 5-11)	Labor Day								
Week 3 (September 12-18)									
Week 4 (September 19-25)									
Week 5 (September 26-October 2)									
Week 6 (October 3-9)									
Week 7 (October 10-16)									
Week 8 (October 17-23)									
Week 9 (October 24-30)									
Week 10 (October 31-November 6)	Halloween					*Vulcan Run			
Week 11 (November 7-13)					Veterans Day				
Week 12 (November 14-20)									
Week 13 (November 21-27)				Thanksgiving					
Week 14 (November 28-December 4)									
Week 15 (December 5-11)									
Week 16 (December 11-18)									
Week 17 (December 19-25)						Hanukkah begins	Christmas Day		
Week 18 (December 26-January 1)							New Years Day		
Week 19 (January 2-8)									
Week 20 (January 9-15)									
Week 21 (January 16-22)	MLK Day					*Red Shoe Run			
Week 22 (January 23-29)									
			Log Sheets	Due 1-26-17					
Saturday, February 11, 2017								1	26.2

* Optional events to check your progress - race info can be found at www.trakshak.com

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