



# 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: \_\_\_\_\_

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 22-September 2)									
Week 2 (September 3-9)	Labor Day								
Week 3 (September 10-16)									
Week 4 (September 17-23)									
Week 5 (September 24-30)									
Week 6 (October 1-7)									
Week 7 (October 8-14)									
Week 8 (October 15-21)									
Week 9 (October 22-28)									
Week 10 (October 29-November 4)			Halloween			*Vulcan Run			
Week 11 (November 5-11)									
Week 12 (November 12-18)	Veterans Day					Magic City Mile			
Week 13 (November 19-25)				Thanksgiving					
Week 14 (November 26-December 2)							Hanukkah begins		
Week 15 (December 3-9)									
Week 16 (December 10-16)									
Week 17 (December 17-23)									
Week 18 (December 24-30)		Christmas Day							
Week 19 (December 30 - Jan 6)		New Years Day							
Week 20 (January 7-13)									
Week 21 (January 14-20)									
Week 22 (January 21-24)	MLK Day			Log Sheets Due					
<b>Saturday, February 9, 2019</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)

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