

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.



**Official Kids Mileage Log Sheet**

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 30-September 5)									
Week 2 (September 6-12)	Labor Day								
Week 3 (September 13-19)									
Week 4 (September 20-26)									
Week 5 (September 27-October 3)									
Week 6 (October 4-10)									
Week 7 (October 11-17)									
Week 8 (October 18-24)									
Week 9 (October 25-31)							Halloween		
Week 10 (November 1-7)						*Vulcan Run			
Week 11 (November 8-14)				Veterans Day					
Week 12 (November 15-21)									
Week 13 (November 22-28)				Thanksgiving					
Week 14 (November 29-December 5)	Hanukkah								
Week 15 (December 6-12)									
Week 16 (December 13-19)									
Week 17 (December 20-26)						Christmas Day	Kwanzaa		
Week 18 (December 27-January 2)						New Years Day			
Week 19 (January 3-9)									
Week 20 (January 10-16)									
Week 21 (January 17-23)	MLK Day								
Week 22 (January 24-27)				Log Sheets Due & Packet Pickup					
February 12, 2022									26.2

\* 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:  
**BMI | 1911 27th Ave. S | Birmingham, AL 35209**  
**FAX - 205.870.7729 | Email - [info@mercedesmarathon.com](mailto:info@mercedesmarathon.com)**