



Official Kids Mileage Log Sheet

Official paper entry form 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 for a faster time at the end of your training. Run some local fun runs each month to monitor your progress.)

Grade: _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage	Accumulated Mileage
Week 1 (Sept. 5-11)	Labor Day								
Week 2 (Sept. 12-18)									
Week 3 (Sept. 19-25)									
Week 4 (Sept. 26-Oct 2)									
Week 5 (Oct. 3-9)									
Week 6 (Oct. 10-16)									
Week 7 (Oct. 17-23)									
Week 8 (Oct. 24-30)									
Week 9 (Oct. 31 - Nov. 6)	Halloween					*Vulcan Kids Mile Run			
Week 10 (Nov. 7-13)					Veterans Day				
Week 11 (Nov. 14-20)									
Week 12 (Nov. 21-27)				Thanksgiving					
Week 13 (Nov. 28-Dec 4)									
Week 14 (Dec. 5-11)									
Week 15 (Dec. 12-18)									
Week 16 (Dec. 19-25)		Hanukkah					Christmas		
Week 17 (Dec. 26-Jan 1)							New Year's		
Week 18 (Jan. 2-8)						*Red Nose Fun Run			
Week 19 (Jan. 9-15)									
Week 20 (Jan 16-22)	MLK Day								
			Log Sheets Due 1/26/12						
Saturday, February 11, 2012								1	26.2

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

Mail completed log sheet to:
Kids Mercedes Marathon, P.O. Box 59260, Birmingham, AL 35259
 or drop off at Trak Shak Homewood (205.870.5644), Trak Shak 280 (205.408.5723) or Trak Shak Trussville (205.655.2553)