



Official Mileage Log Sheet

Official entry form must be received by November 30 to be eligible for race day participation.

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 on race day! 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. 8-14)									
Week 2 (Sept. 15-21)									
Week 3 (Sept. 22-28)									
Week 4 (Sept. 29 - Oct. 5)									
Week 5 (Oct. 6-12)						*RFC Mile Race			
Week 6 (Oct. 13-19)									
Week 7 (Oct. 20-26)									
Week 8 (Oct. 27- Nov. 2)					Halloween	*Vulcan Mile Race			
Week 9 (Nov. 3-9)									
Week 10 (Nov. 10-16)									
Week 11 (Nov. 17-23)				Thanksgiving					
Week 12 (Nov. 24-30)									
Week 13 (Dec. 1-7)									
Week 14 (Dec 8-14)									
Week 15 (Dec. 15-21)									
Week 16 (Dec. 22-28)	Hanukkah			Christmas					
Week 17 (Dec. 29 - Jan. 4)				New Year's					
Week 18 (Jan. 5-11)									
Week 19 (Jan. 12-18)									
Week 20 (Jan. 19-25)									
Mail or Turn in Log Sheets by Friday, January 30, 2009.									
Saturday, February 14, 2009								1	26.2

Fax to (205) 870-7729

Please fax to 205.870.7729, or mail to:
Mercedes Kids 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)