

Shiprock Marathon Running Log

Student Name _____

School _____

Phone # _____

- Track your mileage between now and race day.
- When you reach 25 miles, you will receive a race number and a Kids' Marathon t-shirt.
- On May 4, come join the race and complete the final part of the marathon. Receive a finisher's medal, snacks and a massage when you cross the finish line!

Check off the miles as you run them.

Mile #

1 ____ 2 ____ 3 ____ 4 ____ 5 ____

6 ____ 7 ____ 8 ____ 9 ____ 10 ____

11 ____ 12 ____ 13 ____ 14 ____ 15 ____

16 ____ 17 ____ 18 ____ 19 ____ 20 ____

21 ____ 22 ____ 23 ____ 24 ____ 25 ____

Then run the last 1.2 on race day and you will have 26.2 ____!!