



## 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 (September 2-8)	Labor Day								
Week 2 (September 9-15)									
Week 3 (September 16-22)					*run@school		*Talladega 1 Mi.		
Week 4 (September 23-29)							*Magic City Mile		
Week 5 (September 30 - October 6)									
Week 6 (October 7-13)									
Week 7 (October 14-20)									
Week 8 (October 21-27)									
Week 9 (October 28-November 3)				Halloween		*Vulcan Run			
Week 10 (November 4-10)									
Week 11 (November 11-17)	Veterans Day								
Week 12 (November 18-24)							*Linn Park Lap		
Week 13 (November 25-December 1)			Hanukkah begins	Thanksgiving					
Week 14 (December 2-8)									
Week 15 (December 9-15)									
Week 16 (December 16-22)									
Week 17 (December 23-29)			Christmas Day						
Week 18 (December 30- January 5)			New Years Day						
Week 19 (January 6-12)						*Red Shoe Run			
Week 20 (January 13-19)									
Week 21 (January 20-26)	MLK Day								
			Log Sheets	Due 1-30-14					
<b>Saturday, February 15, 2014</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)

\* run@school  
<http://www.rrca.org/programs/>

Mail, Email or FAX completed log sheet to:  
Blue Cross and Blue Shield of Alabama Kids Mercedes Marathon, 2709 19th Place, S., Birmingham, AL 35209  
FAX - 205 870 7729 Email - [info@mercedesmarathon.com](mailto:info@mercedesmarathon.com)