

# Clarksville Kids' Half-Marathon 2009

## Mileage Log Form

Student Name (printed) \_\_\_\_\_

Kids' Half-Marathoners should log 0.5 miles per day, 3-4 days per week.  
Be sure to take 3-4 rest days per week!  
Log daily mileage information in table.

Date	Day of Week	Miles Run	Total Mileage	Parent's Signature
		0.5	0.5	
		0.5	1.0	
		0.5	1.5	
		0.5	2.0	
		0.5	2.5	
		0.5	3.0	
		0.5	3.5	
		0.5	4.0	
		0.5	4.5	
		0.5	5.0	
		0.5	5.5	
		0.5	6.0	
		0.5	6.5	

Date	Day of Week	Miles Run	Total Mileage	Parent's Signature
		0.5	7.0	
		0.5	7.5	
		0.5	8.0	
		0.5	8.5	
		0.5	9.0	
		0.5	9.5	
		0.5	10.0	
		0.5	10.5	
		0.5	11.0	
		0.5	11.5	
		0.5	12.0	
		0.5	12.5	
		0.6	13.1	Last day must be approved by Fred J. Matthews