

Kids MARATHON

Saturday, December 1 • 1:30 p.m.

OFFICIAL MILEAGE TRACKER

Name: _____

Use this to track your miles. Remember that you need to run or walk at least 25.2 miles before race day to complete your marathon.

Mile Check-Off

- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> 1. _____ | <input type="checkbox"/> 14. _____ |
| <input type="checkbox"/> 2. _____ | <input type="checkbox"/> 15. _____ |
| <input type="checkbox"/> 3. _____ | <input type="checkbox"/> 16. _____ |
| <input type="checkbox"/> 4. _____ | <input type="checkbox"/> 17. _____ |
| <input type="checkbox"/> 5. _____ | <input type="checkbox"/> 18. _____ |
| <input type="checkbox"/> 6. _____ | <input type="checkbox"/> 19. _____ |
| <input type="checkbox"/> 7. _____ | <input type="checkbox"/> 20. _____ |
| <input type="checkbox"/> 8. _____ | <input type="checkbox"/> 21. _____ |
| <input type="checkbox"/> 9. _____ | <input type="checkbox"/> 22. _____ |
| <input type="checkbox"/> 10. _____ | <input type="checkbox"/> 23. _____ |
| <input type="checkbox"/> 11. _____ | <input type="checkbox"/> 24. _____ |
| <input type="checkbox"/> 12. _____ | <input type="checkbox"/> 25. _____ |
| <input type="checkbox"/> 13. _____ | |

How It Works:

1. Register for the St. Jude Kids Marathon at stjude.org/marathon. If your family chooses to raise funds, you'll be able to set up your fundraising page soon after registration.
2. Download our 8-week or 12-week training plans and keep track of your child's progress using our official mileage tracker. Our plans guide your child through all but one mile of a marathon (26.2 miles) at their own pace.
3. Submit your signed mileage tracker at the expo, and pick up your race packet, shirt and participant bag.
4. Run the final mile with your child on race day. Plan to arrive early to find your place and warm up!
5. Celebrate their accomplishment immediately after the race! The official post-race celebration will feature games, food and fun!

Children 11 and under who would like to participate can register to run the 1-mile course on race day without completing the kids marathon.

stjude.org/marathon



St. Jude Memphis
Marathon® Weekend

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