

St. Jude Kids Marathon

SATURDAY, DECEMBER 3, 2016 • 1:30 P.M.

OFFICIAL MILEAGE TRACKER

Name: _____

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. _____ | |

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.

How it works:

#1 - Register for the St. Jude Kids Marathon at stjudemarathon.org. If your family chooses to raise funds, you'll be able to set up your fundraising page at the end of 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 at the Fogelman YMCA immediately after the race! The official post-race celebration will feature games, food and fun!

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

stjudemarathon.org



The St. Jude Memphis Kids Marathon and Family Fun Run are produced in partnership with the YMCA of Memphis & the Mid-South and the Memphis Runners Track Club.

15 YEARS & RUNNING

**St. Jude Memphis
Marathon® Weekend**

Presented by *Juice* PLUS+

