

# 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](http://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.



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