



# Kids Run for Kids Half Marathon Log Sheet



Name: \_\_\_\_\_

Use this sheet to track your miles. Your goal is to run or walk 12 miles before October 18. Make sure you rest at least one day per week and bring your mileage sheet with you to the race!

Week	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Weekly Mileage	Parent Initials
<b>Week 1</b> Sept 9-15									
<b>Week 2</b> Sept 16-22									
<b>Week 3</b> Sept 23-29									
<b>Week 4</b> Sept 30-Oct 6									
<b>Week 5</b> Oct 7-13									
<b>Week 6</b> Oct 14-18						<i>Race Day!</i>			

Race day for the Kids Run for Kids Half Marathon is Friday, October 18, 2019 at 5:00 PM at the Conway Regional Health and Fitness Center located at 700 Salem Rd, Conway, AR. The race will begin on the south parking lot and continue onto the pedestrian trail with an out and back course. More info available at: [www.swhalf.com/kidsrun](http://www.swhalf.com/kidsrun)