



Marathon Mile Official Tracker

Name of Runner

School Name

Miles Completed	Date Completed	Where did you Run? (Optional)	Adult Initials
Mile #1			
Mile #2			
Mile #3			
Mile #4			
Mile #5			
Mile #6			
Mile #7			
Mile #8			
Mile #9			
Mile #10			
Mile #11			
Mile #12			
Mile #13			
Mile #14			
Mile #15			
Mile #16			
Mile #17			
Mile #18			
Mile #19			
Mile #20			
Mile #21			
Mile #22			
Mile #23			
Mile #24			
Mile #25			
Mile #26.2	Saturday, Sept. 20	Celebration Park, Gardner, KS 8:00am	Turn this form in @ packet pick up

First: Register your child for the Marathon Mile on the website. Then, put this schedule on the front of your refrigerator.

Second: Find a safe place for your child to train. See you at the WMS track on Tuesday evenings starting June 3 from 7-8pm. bring the family and get some miles in.

Third: Walk, run or roll (if your child is in a wheelchair) at least 25.2 miles before race day. Remember to log your child's mileage each week.

Fourth: Bring your child to the start line of the Marathon Mile run on September 20th.

Check the website for registration and last minute details.
www.kademeyer.com

Be sure to bring this mile tracker to packet pick up!