Mileage Log

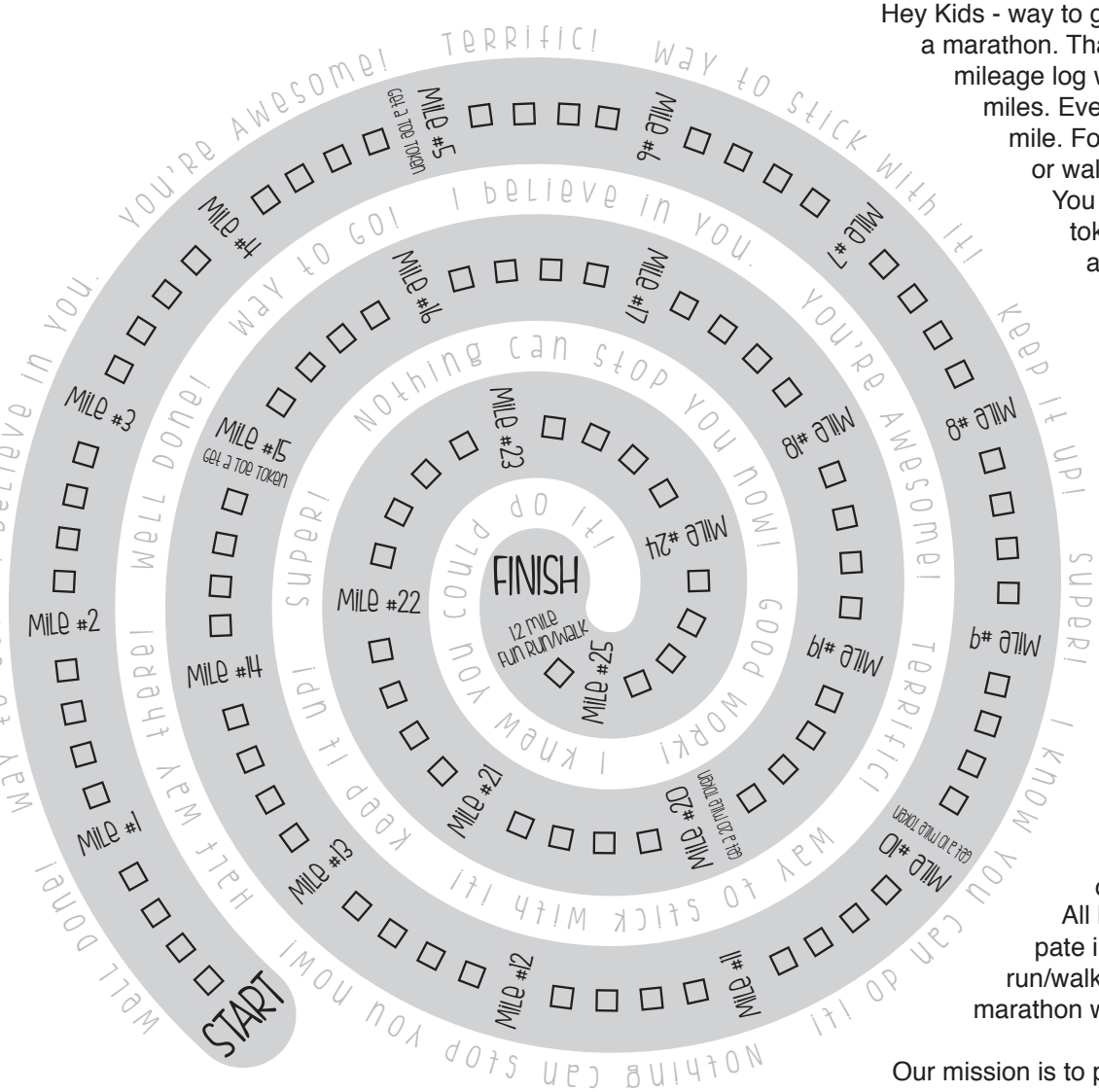
Get a token for every 5 miles!

OLYMPIC MEDICAL CENTER KIDS NORTH OLYMPIC DISCOVERY MARATHON

FOR PARENTS: Keep your child's mileage log on the fridge or in a good spot to help remind him/her to get out and run or walk. Please initial each box as your child completes mileage on their way to 25 miles. Please note: If your child is enrolled in a Clallam County school, their PE teacher may also have a mileage card for your student - only one card is needed. Kids who complete all 25 miles on the log, participate in the Kids Marathon 1.2 mile fun run, and attend school in Clallam County are eligible for a scholarship. Bring completed logs to the June 3rd event.

FOR TEACHERS: Please duplicate this form for each participating student to record their miles. Completed mileage logs must be submitted to the "completed mileage logs box" at the event in order to be placed in the drawing for the scholarships. Teachers will have the opportunity to mail completed mileage logs to the marathon office before the drawing.

For more information, go to: www.nodm.com.



Hey Kids - way to go! You are about to run a marathon. That's 26.2 miles! This mileage log will help you track your miles. Every box checked is 1/4 mile. For every five miles you run or walk, you will get a token. You can proudly wear your tokens on your shoe or attach them to your backpack.

Get all 100 boxes checked and you have run 25 miles! How many miles do you think you can walk/run each week? Ask your parent or teacher to help you chart your weekly goals. Most kids run 2 - 3 miles per week which means you should start your Mileage Log in March.

Finish your marathon at the Kids Marathon event on June 3rd at City Pier. All kids are invited to participate in the 1.2 mile fun run/walk as part of the NODM marathon weekend.

Our mission is to promote kids' health and fitness and to promote the marathon weekend as a family festival.

Name: _____

School: _____

Teacher: _____

Grade: _____ Male / Female (circle one)

PLEASE CHECK ALL THAT APPLY:

☐ Completed 25 mile log ☐ Participated in fun run event ☐ Attends school in Clallam County

Parent or Teacher Signature: _____ Date: _____