

MILEAGE LOG



FOR PARENTS & TEACHERS:

Keep your child's mileage log on 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.

Kids who complete all 25 miles and then the last 1.2 miles on the day of the event **AND** attend school in Clallam county are eligible for a \$500 scholarship (post high-school education).

For more information, go to: nodm.com/kidsmarathon

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 it should take about 8-10 weeks to complete your virtual kids marathon.

Encourage your parents / family members to participate with you and help to log your miles. You can do this! One mile at a time.

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

Name: _____

School: _____

Parent Phone #: _____

Grade: _____ Male / Female (circle one)

PLEASE CHECK ALL THAT APPLY:

Completed 24.0 mile log Attends school in Clallam County Completed Kids Marathon in June

Parent or Teacher Signature: _____ Date: _____

If you would like to be entered in the annual scholarship please mail completed form to : Kids Marathon, PO Box 431, Port Angeles, WA 98362 or email to nodm@nodm.com