



RUN · HAVE FUN · BE HEALTHY

First: Upon registering run, jog, hike, swim or roll 25 miles before race day. Have an adult or parent sign for each mile.

Second: In addition to your training runs, run local races to add mileage to your log such as the *Run for the Trees: April 12th*, the *Superfun(d) free kids 1mile/5k: April 19th* and the *Riverbank Run: May 10th*. Check www.RunWildMissoula.org for more listings of local runs.

Third: Run a final training lap at Washington Grizzly Stadium on Thursday, June 5, 2014. Gate opens at 5:00 PM, run begins at 5:30 PM. Pick up your official race t-shirt, race number, and get your picture taken on the field. If you CANNOT come to the final training run, you can pick up your t-shirt and race number on race day.

Fourth: Come run the final 1.2 miles of your marathon and pick up your medal and goodie bag at the Missoula Kids Marathon fun run at 10:00 AM on Saturday, July 12, 2014. Check the website before race day to verify the start time and location. Plan to arrive early to find your place and warm up.

Missoula Kids Marathon scholarships made possible by ALPS. More information available at www.MissoulaKidsMarathon.org

START ▼

ADULT INITIALS ▼

ADULT INITIALS ▼

.25	.25	.25	.25	1 mile _____
.25	.25	.25	.25	2 mile _____
.25	.25	.25	.25	3 mile _____
.25	.25	.25	.25	4 mile _____
.25	.25	.25	.25	5 mile _____
.25	.25	.25	.25	6 mile _____
.25	.25	.25	.25	7 mile _____
.25	.25	.25	.25	8 mile _____
.25	.25	.25	.25	9 mile _____
.25	.25	.25	.25	10 mile _____
.25	.25	.25	.25	11 mile _____
.25	.25	.25	.25	12 mile _____
.25	.25	.25	.25	13 mile _____

.25	.25	.25	.25	14 mile _____
.25	.25	.25	.25	15 mile _____
.25	.25	.25	.25	16 mile _____
.25	.25	.25	.25	17 mile _____
.25	.25	.25	.25	18 mile _____
.25	.25	.25	.25	19 mile _____
.25	.25	.25	.25	20 mile _____
.25	.25	.25	.25	21 mile _____
.25	.25	.25	.25	22 mile _____
.25	.25	.25	.25	23 mile _____
.25	.25	.25	.25	24 mile _____
.25	.25	.25	.25	25 mile _____

FINISH YOUR MARATHON ON RACE DAY!

Any Questions? Visit: www.MissoulaKidsMarathon.org