



**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 14th** and the **Riverbank Run: April 28th**. Check [www.RunWildMissoula.org](http://www.RunWildMissoula.org) for more listings of local runs.

**Third:** 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 **10:00am on Saturday, July 14th, 2018**. Check the website before race day to verify the start time and location. Plan to arrive early to pick up your race packet, find your place, and warm up.

*Missoula Kids Marathon scholarships are available courtesy of Missoula Marathon's generous sponsors. More information available at [www.MissoulaKidsMarathon.org](http://www.MissoulaKidsMarathon.org)*

**START** ∨

**ADULT INITIALS** ∨

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

.25	.25	.25	.25	<b>14 mile</b> _____
.25	.25	.25	.25	<b>15 mile</b> _____
.25	.25	.25	.25	<b>16 mile</b> _____
.25	.25	.25	.25	<b>17 mile</b> _____
.25	.25	.25	.25	<b>18 mile</b> _____
.25	.25	.25	.25	<b>19 mile</b> _____
.25	.25	.25	.25	<b>20 mile</b> _____
.25	.25	.25	.25	<b>21 mile</b> _____
.25	.25	.25	.25	<b>22 mile</b> _____
.25	.25	.25	.25	<b>23 mile</b> _____
.25	.25	.25	.25	<b>24 mile</b> _____
.25	.25	.25	.25	<b>25 mile</b> _____

**FINISH YOUR MARATHON ON RACE DAY!**