

Kids' Marathon Training Log

2024 Run4Life 1M/5K



DIRECTIONS: Color in one footprint for each ½ mile

Start!

MILE 1

2 3 4 5 6

7 8 9 10 11 12 13 14 15 16

17 18 19 20 21 22 23 24 25

MILE 26

Don't forget your final 0.2!

See you at the Run4Life 5K or 1 Mile the morning of Saturday, November 2nd

5K Run/Walk and 1 Mile Fun Run
Run4Life
16 Years of Fighting Cancer
Running with Hope and Purpose

I understand that the Run4Life 5K/1M is the main event and will count as one mile or 3.1 miles (5K) towards completing their marathon. I verify that this log is accurate and that my child has completed a total of 26.2 miles.

Parent Signature: _____ Date: _____