



Heartland

HALF MARATHON-5K

• TEAM CHALLENGE & KIDS FUN RUN •

Run for your heart!

RUNNING LOG

Use this sheet to log 12 miles during the 12 weeks leading up to the race. Track your progress by having a parent/guardian initial and date by each complete yard line marker below.



Tailgate with the Heartland Kids Run and then join JHS Dancers and Band for a procession to the football field for game time!



Turn in your completed Running Log the day of the Kids Fun Run.

FRIDAY SEPTEMBER 20, 2024

And you'll be registered for exciting prizes... Games and fun for everyone @ the Square in Jasper!

Name: _____

Phone Number: _____

Grade: _____

KIDS FUN RUN TIPS

- Find a safe place for your child to train
- Wear shoes that are appropriate for running/walking and fit properly
- Remember to include stretching in your routine
- Stay hydrated after exercise by drinking water
- Eat a carbohydrate and a protein one hour before you exercise (peanut butter on toast)

www.heartlandhalfmarathon.com
for info & to register!

Saturday, 9/21, celebrate the Heartland Half Marathon, 5k, Team Challenge along a new route in Jasper!
New Location, New Date this year!