



NAME: _____

PHONE #: _____ GRADE: _____

Running Log

Use this sheet to log 12 miles during the 12 weeks leading up to the race on *Friday, September 20, 2019*. Track your progress by having a parent/guardian initial and date by each heart with each completed mile. Complete and turn in your Running Log the day of the race, and you'll be registered for exciting prizes!

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 exercising by drinking water
- Eat a carbohydrate and a protein one hour before you exercise (peanut butter on toast)

START

1 2 3 4 5 6 7 8 9 10 11 12

FINISH

**Remember to bring your completed running log on
Race Day: Friday, September 20, 2019!**