



HOW TO GET STARTED

First

Register for the Shannon Miller Kids Marathon online at www.shannonmillerkidsmarathon.com.

Second

Run or walk 25 miles before Saturday, May 1st. Fill in each box with the date you run, and remember to have an adult sign for each mile you run.

Third

Pick up your goody bag, race bib and t-shirt at 1st Place Sports on Thursday, April 29th-Friday, April 30th between 10am-6pm. All packets not picked up on these days will be at the race site on raceday.

PACKETS WILL NOT BE MAILED.

Fourth

Run the final 1.2 miles of your marathon at the Shannon Miller Kids Marathon. Check the website before race day for more information. Arrive early to find your place and warm up.

Questions?

Contact 1st Place Sports at (904) 731-1900 ext. 11 or ext. 13



Visit us on the web at
www.shannonmillerkidsmarathon.com

Running Log For

START



Adult Initials



1/4	1/4	1/4	1/4	1 Mile	_____
1/4	1/4	1/4	1/4	2 Miles	_____
1/4	1/4	1/4	1/4	3 Miles	_____
1/4	1/4	1/4	1/4	4 Miles	_____
1/4	1/4	1/4	1/4	5 Miles	_____

Whatever is worth doing is worth doing well!

1/4	1/4	1/4	1/4	6 Miles	_____
1/4	1/4	1/4	1/4	7 Miles	_____
1/4	1/4	1/4	1/4	8 Miles	_____
1/4	1/4	1/4	1/4	9 Miles	_____
1/4	1/4	1/4	1/4	10 Miles	_____

You can because you believe you can!

1/4	1/4	1/4	1/4	11 Miles	_____
1/4	1/4	1/4	1/4	12 Miles	_____
1/4	1/4	1/4	1/4	13 Miles	_____
1/4	1/4	1/4	1/4	14 Miles	_____
1/4	1/4	1/4	1/4	15 Miles	_____

Way to go you're over half way there!

1/4	1/4	1/4	1/4	16 Miles	_____
1/4	1/4	1/4	1/4	17 Miles	_____
1/4	1/4	1/4	1/4	18 Miles	_____
1/4	1/4	1/4	1/4	19 Miles	_____
1/4	1/4	1/4	1/4	20 Miles	_____

You're almost to the finish line, you can do it!

1/4	1/4	1/4	1/4	21 Miles	_____
1/4	1/4	1/4	1/4	22 Miles	_____
1/4	1/4	1/4	1/4	23 Miles	_____
1/4	1/4	1/4	1/4	24 Miles	_____
1/4	1/4	1/4	1/4	25 Miles	_____

**FINISH YOUR MARATHON!
MAY 1ST, 9AM
JACKSONVILLE LANDING**