

PRESENTED BY  


# KC KIDS MARATHON



## 2017 KIDS MARATHON TRAINING LOG

TRACK YOUR MILES TO COMPLETE YOUR FULL MARATHON AT THE KANSAS CITY KIDS MARATHON ON OCTOBER 21, 2017.

HERE'S WHAT YOU NEED TO DO IN 5 EASY STEPS:

1. Print off your training log.
2. Complete the first 25 miles at your own pace.
3. Track your miles by coloring in a medal for each mile you run or walk.
4. Turn in this completed training log to your coach, or bring it to the Health & Fitness Expo for a Certificate of Completion.
5. Run your last 1.2 miles on Saturday, October 21st and receive your marathon medal.

**QUESTIONS? MORE INFO AND  
REGISTRATION AT [KCMARATHON.ORG](http://KCMARATHON.ORG)**

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*Chick-fil-z*

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RUNNER'S NAME

Track every mile you run or  
walk by coloring in one medal  
for each completed.

**DON'T FORGET TO CELEBRATE ALL  
YOUR HARD WORK IN THE KIDS' ZONE  
AFTER THE RACE!**

