2019 LITTLE ROCKERS KIDS MARATHON

presented by THE HATCHER AGENCY
The Home of Outrageous Service

OFFICIAL TRAINING LOG

NAME _____ AGE _____

DATE	MILES	INTITIALS
TOTAL MILES		

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TOTAL MILES		

Duplicate this page as needed and staple together to officially document your miles.
You MUST turn in your official training log to receive your race packet.

PARTICIPATING IN THE FINAL MILE IS EASY AND FUN!

1. Sign up for the Little Rockers Kids Marathon Final Mile at online at www.littlerockmarathon.com/kids-marathon/
2. Walk, run or roll by wheelchair 25 miles before March 2nd. Record each mile with the date, the number of miles you completed and your parent's or teacher's initials.
3. Come to the Health & Fitness Expo at the Statehouse Convention Center on March 2nd to get your t-shirt, race number and final instructions.
4. Come finish your final 1.2 miles of your marathon at the Little Rock Marathon. Arrive early to find the start line and warm up.

QUESTIONS? Email us at lrmkids@pearce.cx, visit us online at www.littlerockmarathon.com.

a program of Little Rock Parks & Recreation
www.lrpr.org

Please consult with your child's physician before beginning this or any other conditioning program. These schedules are only a guide for training. Other training materials and kids training logs are available on the Kids Marathon page of www.ittlerockmarathon.com.