



KIDS

MILEAGE LOG

INCREMENTAL RUNNING PROGRAM

Saturday December 10, 2022 @ 10:30am CST

WWW.ROCKETCITYMARATHON.RUN/KIDS

HOW TO USE THE LOG...

Each runner/walker will be at a different level - and that's perfectly fine! Your goal is to get in at least one to two miles each week, depending on your training program. Ask your coach to write in your recommended weekly mileage goal.

Look at your weekly goal recommendation to plan your mileage for the week. For example, every Saturday, plot your runs/walks for that week. Circle the miles that you actually ran, and be sure to adjust your schedule if you miss a run. Have an adult initial each day you ran/walked. At the end of the week, add it up to see how far you've traveled. Just think, by race day, you'll have run/walked to another city! How cool is that?

The event goal is to log at least 25.2 miles prior to race day. The final mile is completed in grand fashion as each child finishes their marathon distance in front of cheering fans, friends, and family inside the South Hall of the Von Braun Center.

Example: SATURDAY	SUNDAY	MONDAY	TUESDAY
<p>11</p> <p>0.5 mile/s</p> <p>AMT coach/parent initials</p>	<p>12</p> <p>_____ mile/s</p> <p>_____ coach/parent initials</p>	<p>13</p> <p>25 mile/s</p> <p>AMT coach/parent initials</p>	<p>14</p> <p>25 mile/s</p> <p>AMT coach/parent initials</p>
WEDNESDAY	THURSDAY	FRIDAY	WEEKLY MILEAGE
<p>15</p> <p>0.5 mile/s</p> <p>AMT coach/parent initials</p>	<p>16</p> <p>_____ mile/s</p> <p>_____ coach/parent initials</p>	<p>17</p> <p>0.5 mile/s</p> <p>AMT coach/parent initials</p>	<p>GOAL</p> <p>2.0</p> <p>TOTAL</p> <p>2.0</p>

FUN ALONG THE WAY:

The kickoff event will be September 10th at 8:30AM at Jones Family Park Pavillion. A 1 mile fun run will follow the kick off. A Virtual Kickoff Information Session will be held on September 12, 2022 @ 7:00 PM CST, via Zoom for those that cannot make the in person event.

To help keep your child motivated while accumulating miles, there will be mileage boosters at Jones Family Park and Rainbow Elementary School in Madison. Further details can be found on the final log page under EVENT DETAILS.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE
WEEK 1	SEPT 4 mile/s coach/parent initials	5 mile/s coach/parent initials	6 mile/s coach/parent initials	7 mile/s coach/parent initials	8 mile/s coach/parent initials	9 mile/s coach/parent initials	KICK OFF EVENT! JONES FAMILY PARK PAVILLION @ 8:30am mile/s coach/parent initials	GOAL <input type="text"/>
								TOTAL <input type="text"/>
WEEK 2	11 mile/s coach/parent initials	12 mile/s coach/parent initials	13 mile/s coach/parent initials	14 mile/s coach/parent initials	15 mile/s coach/parent initials	16 mile/s coach/parent initials	17 mile/s coach/parent initials	GOAL <input type="text"/>
								TOTAL <input type="text"/>
WEEK 3	18 mile/s coach/parent initials	19 mile/s coach/parent initials	20 mile/s coach/parent initials	21 mile/s coach/parent initials	22 mile/s coach/parent initials	23 mile/s coach/parent initials	24 mile/s coach/parent initials	GOAL <input type="text"/>
								TOTAL <input type="text"/>
WEEK 4	25 mile/s coach/parent initials	26 mile/s coach/parent initials	27 mile/s coach/parent initials	28 mile/s coach/parent initials	29 mile/s coach/parent initials	30 mile/s coach/parent initials	OCT 1 mile/s coach/parent initials	GOAL <input type="text"/>
								TOTAL <input type="text"/>
WEEK 5	2 mile/s coach/parent initials	3 mile/s coach/parent initials	4 mile/s coach/parent initials	5 mile/s coach/parent initials	6 mile/s coach/parent initials	7 mile/s coach/parent initials	8 mile/s coach/parent initials	GOAL <input type="text"/>
								TOTAL <input type="text"/>
WEEK 6	9 mile/s coach/parent initials	10 mile/s coach/parent initials	11 mile/s coach/parent initials	12 mile/s coach/parent initials	13 mile/s coach/parent initials	14 mile/s coach/parent initials	MILEAGE BOOSTER RAINBOW ELEMENTARY MADISON, AL mile/s coach/parent initials	GOAL <input type="text"/>
								TOTAL <input type="text"/>
WEEK 7	16 mile/s coach/parent initials	17 mile/s coach/parent initials	18 mile/s coach/parent initials	19 mile/s coach/parent initials	20 mile/s coach/parent initials	21 mile/s coach/parent initials	22 mile/s coach/parent initials	GOAL <input type="text"/>
								TOTAL <input type="text"/>
WEEK 8	23 mile/s coach/parent initials	24 mile/s coach/parent initials	25 mile/s coach/parent initials	26 mile/s coach/parent initials	27 mile/s coach/parent initials	28 mile/s coach/parent initials	29 mile/s coach/parent initials	GOAL <input type="text"/>
								TOTAL <input type="text"/>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE
WEEK 9	30 mile/s coach/parent initials	31 mile/s coach/parent initials	NOV 1 mile/s coach/parent initials	2 mile/s coach/parent initials	3 mile/s coach/parent initials	4 mile/s coach/parent initials	5 mile/s coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 10	6 mile/s coach/parent initials	7 mile/s coach/parent initials	8 mile/s coach/parent initials	9 mile/s coach/parent initials	10 mile/s coach/parent initials	11 mile/s coach/parent initials	12 mile/s coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 11	13 mile/s coach/parent initials	14 mile/s coach/parent initials	15 mile/s coach/parent initials	16 mile/s coach/parent initials	17 mile/s coach/parent initials	18 mile/s coach/parent initials	MILEAGE BOOSTER JONES FAMILY PARK 19 mile/s coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 12	20 mile/s coach/parent initials	21 mile/s coach/parent initials	22 mile/s coach/parent initials	23 mile/s coach/parent initials	24 mile/s coach/parent initials	25 mile/s coach/parent initials	26 mile/s coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 13	27 mile/s coach/parent initials	28 mile/s coach/parent initials	29 mile/s coach/parent initials	30 mile/s coach/parent initials	DEC 1 mile/s coach/parent initials	2 mile/s coach/parent initials	3 mile/s coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 14	4 mile/s coach/parent initials	5 mile/s coach/parent initials	6 mile/s coach/parent initials	7 mile/s coach/parent initials	8 mile/s coach/parent initials	9 mile/s coach/parent initials	KIDS RCM! 10 10:30am	GRAND TOTAL BEFORE RACE DAY (25.2) AFTER RACE DAY! (26.2)



The goal of the Rocket City Kids Marathon, is to inspire and encourage children to be active on a regular basis through running and physical activity.

EVENT DETAILS

KICK OFF EVENT:

Date and Time: September 10th at 8:30am

Location: Jones Family Park Pavillion, followed by 1 Mile Mileage Booster Run

Online Registration:

www.rocketcitymarathon.run/kids

RACE DAY:

Date and Time: **Saturday, December 10th at 10:30am**

Start Location: Please meet in front of the South Hall in the lobby before the race start, the runners will be walked over to the start line.

Finish Line Location: Finish line inside the VBC South Hall

FINAL RACE INSTRUCTIONS:

During the week of the race, registered participants will receive final instructions via email regarding all of the race day details such as how and where you will be reunited with your children after the race. Kids will receive a shirt within their packets and a medal upon the completion of the marathon distance of 26.2 miles. Due to safety reasons, only registered participants will be able to participate in the run.

PACKET PICKUP & EXPO:

DON'T FORGET TO BRING RUNNING LOG TO PACKET PICK-UP

Date and Time: Friday, December 9th, 11am - 8pm

& Saturday December 10th, 5:30am - 6:45am

Location: VBC South Hall

401 Williams Ave SW

DDATES TO REMEMBER

**AUTUMN CHASE
FUN RUN
SEPT 15**
JOHN HUNT
CROSS COUNTRY PARK
4-6PM

**KICKOFF &
MILE BOOSTER
SEPT 10**
JONES FAMILY
PARK PAVILLION
8:30AM

**KICKOFF
INFORMATION
SEPT 12**
VIRTUAL EVENT
VIA ZOOM
7:00PM

**MILEAGE
BOOSTER
OCT 15**
RAINBOW
ELEMENTARY SCHOOL
MADISON, AL

**MILEAGE
BOOSTER
NOV 19**
JONES FAMILY
PARK

**PACKET
PICKUP
DEC 9&10**
Fri 11am-8pm
Sat 5:30-6:45am
SOUTH HALL
VON BRAUN
CENTER

ADDITIONAL MILE BOOSTERS MAY BE ANNOUNCED VIA EMAIL, SO BE SURE TO REGISTER EARLY!

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