



MISSOULA

KIDS MARATHON

First: Starting April 1st, run, jog, hike, swim or roll 25 miles before race day. Have an adult or parent sign for each mile.

Second: In addition to your training runs, run local races to add mileage to your log such as the Riverbank Run and Run for the Trees. Check the Run Wild Missoula website for more listings of local runs.

Third: Run a final training lap at Washington Grizzly Stadium on Thursday, May 31, 2012. Gate opens at 5:00 PM, run begins at 5:30 PM. Pick up your official race t-shirt, race number, and get

your picture taken on the field. If you CANNOT come to the final training run, you can pick up your t-shirt and race number on race day.

Fourth: Come run the final 1.2 miles of your marathon and pick up your medal and goodie bag at the Missoula Kids Marathon fun run at 10:00 AM on Saturday, July 7, 2012. Check the website before race day to verify the start time and location. Plan to arrive early to find your place and warm up.

Start ▼

.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25
.25	.25	.25	.25

Adult Initials ▼

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

Adult Initials ▼

.25	.25	.25	.25	14 mile	_____
.25	.25	.25	.25	15 mile	_____
.25	.25	.25	.25	16 mile	_____
.25	.25	.25	.25	17 mile	_____
.25	.25	.25	.25	18 mile	_____
.25	.25	.25	.25	19 mile	_____
.25	.25	.25	.25	20 mile	_____
.25	.25	.25	.25	21 mile	_____
.25	.25	.25	.25	22 mile	_____
.25	.25	.25	.25	23 mile	_____
.25	.25	.25	.25	24 mile	_____
.25	.25	.25	.25	25 mile	_____

FINISH YOUR MARATHON ON RACE DAY!