Running log for _____

Adult Signature

Fill in the boxes with each 1/4 mile you run

START

Insert Date	Insert Date	Insert Date	Insert Date	**1 Mile**
Insert Date	Insert Date	Insert Date	Insert Date	**2 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**3 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**4 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**5 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**6 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**7 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**8 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**9 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**10 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**11 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**12 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**13 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**14 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**15 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**16 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**17 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**18 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**19 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**20 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**21 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**22 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**23 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**24 Miles**
Insert Date	Insert Date	Insert Date	Insert Date	**25 Miles**

Finish your marathon on Oct 14 at the Cannonball Run

1. Register for the Cannonball Run Kid's Marathon online at www.cannonballrunrace.com or in person at OFF'N RUNNING.

2. Find a safe place to run. You may want to measure a course that is 1/4 mile long.

3. Walk, run, skip, or jog 25 miles before October 14. Fill in each box with the date you completed 1/4 mile. Have a parent or teacher sign your log after each mile.

4. Come run the final 1.2 miles of your marathon at the Cannonball Run.

? Questions? Call us at 336-288-7071 or race@cannonballrunrace.com

! **Did you know…**
The slowest land mammal is the three-toed sloth, which averages 6-8 feet per minute. Even the giant tortoise moves twice as fast.

The Cheetah is the fastest land mammal on earth. Cheetahs are capable of running up to 60-70 miles per hour. The fastest humans can only run about 18 miles per hour.

The world records for the marathon are held by Paul Tergat of Kenya in 2:04:55 and Paula Radcliffe of Great Britain in 2:15:25

CANNONBALL RUN
HALF MARATHON
5K RUN/WALK
KID'S MARATHON
GREENSBORO, NC