



MILEAGE LOG INCREMENTAL RUNNING PROGRAM

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 (Saturday December 10, 2016). The final mile is completed in grand fashion as each child finishes their marathon distance in front of cheering fans, friends, and family at the Official Finish Line of the Rocket City Marathon.

example:

SATURDAY	SUNDAY	MONDAY	TUESDAY
0.5 7 mile/s AMT coach/parent initials	8 mile/s	.25 9 mile/s AMT coach/parent initials	.25 10 mile/s AMT coach/parent initials
WEDNESDAY	THURSDAY	FRIDAY	WEEKLY MILEAGE
0.5 11 mile/s AMT coach/parent initials	12 mile/s	0.5 13 mile/s AMT coach/parent initials	GOAL 2.0 TOTAL 2.0

FUN ALONG THE WAY:

The kickoff event is the very well attended and enjoyable **Huntsville Hospital 1 Mile Autumn Chase, September 22nd at 4PM** at the **Huntsville Jaycees Building**.

To help keep your child motivated while accumulating miles, there will be periodic mileage boosters at Fleet Feet Sports Huntsville, and a Fun Run at Huntsville Botanical Gardens. Further details can be found on the final log page under **EVENT DETAILS**.

SEPT - OCT - NOV

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

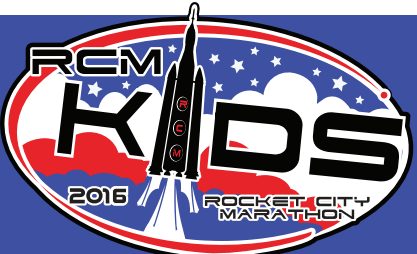
FRIDAY

WEEKLY MILEAGE

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY MILEAGE
WEEK 1	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	KICK OFF EVENT! HUNTSVILLE HOSPITAL AUTUMN CHASE - 4pm 22 _____ mile/s _____ coach/parent initials	23 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 2	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	30 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 3	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	6 _____ mile/s _____ coach/parent initials	7 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 4	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	13 _____ mile/s _____ coach/parent initials	14 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 5	15 _____ mile/s _____ coach/parent initials	16 _____ mile/s _____ coach/parent initials	17 _____ mile/s _____ coach/parent initials	18 _____ mile/s _____ coach/parent initials	19 _____ mile/s _____ coach/parent initials	MILEAGE BOOSTER FLEET FEET SPORTS 4pm 20 _____ mile/s _____ coach/parent initials	21 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 6	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	27 _____ mile/s _____ coach/parent initials	28 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 7	29 _____ mile/s _____ coach/parent initials	30 _____ mile/s _____ coach/parent initials	31 _____ mile/s _____ coach/parent initials	1 _____ mile/s _____ coach/parent initials	2 _____ mile/s _____ coach/parent initials	3 _____ mile/s _____ coach/parent initials	4 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 8	KIDS RCM EVENT! BOTANICAL GARDENS 1 MILE FUN RUN! - 8am 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	10 _____ mile/s _____ coach/parent initials	11 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 9	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	MILEAGE BOOSTER FLEET FEET SPORTS 4pm 17 _____ mile/s _____ coach/parent initials	LAST DAY TO REGISTER FOR KIDS RCM! 18 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>

NOV - DEC

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY MILEAGE
WEEK 10	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	25 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 11	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	FINAL MILEAGE BOOSTER & BLAST!! 1 FLEET FEET SPORTS 4pm _____ mile/s _____ coach/parent initials	2 _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
WEEK 12	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	9 PACKET PICK UP HEALTH & FITNESS EXPO VBC - SOUTH HALL _____ mile/s _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
<div style="background-color: red; color: white; padding: 10px; text-align: center;"> <h1>RACE DAY!!</h1> <h2>ROCKET CITY KIDS MARATHON - 8AM</h2> </div>								GRAND TOTAL BEFORE RACE DAY <input type="text" value="25.2"/> AFTER RACE DAY! <input type="text" value="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.

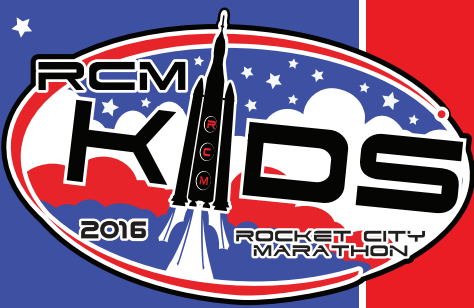


BENEFITTING: Health Establishments at Local Schools (HEALS)



Location: Von Braun Center- South Hall 1
 Friday, December 9, 2016: 10AM-7PM

For continual race updates, please visit <http://runrocketcity.com/rocket-city-kids-marathon/> and like the Rocket City Kids Marathon Facebook Page: <https://www.facebook.com/rcmkidsmarathon>.



EVENT DETAILS

KICK OFF EVENT:

The Rocket City Kids Marathon will be kicking off on **September 22nd at 4pm!** Kids are welcome to participate in **Huntsville Hospital's 1 Mile Autumn Chase** to earn their first mile!

Date and Time: September 22nd at 4:00pm

Location: Huntsville Jaycees Building

Online Registration: huntsvilletrackclub.org

RACE DAY:

Date and Time: Saturday, December 10th at 8am

Start Location: Official Rocket City Marathon starting line in front of the **Von Braun Center**, 401 Williams Ave SW, Huntsville, AL 35801

Finish Line Location: Official RCM finish line inside the VBC Arena

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 & HEALTH & FITNESS EXPO:

Date and Time: Friday, December 9th 10am - 7pm

Location: South Hall 1 at the Von Braun Center
700 Monroe St SW, Huntsville, AL 35801

During packet pickup times there is also a FREE Health and Fitness Expo at the South Hall in the Von Braun Center. This FREE event is presented by the Huntsville Track Club, Fleet Feet Sports, and Huntsville Track Club for your kids and family to check out during packet pickup.

The following activities will be offered:

- Health and fitness seminars
- Weight loss clinics
- Fitness demonstrations
- Community health care providers
- Children's activities and education
- Massages
- Nutritionists

FLEET FEET MILE BOOSTERS & BOOSTER BLAST



Each month you can check in at Fleet Feet Sports to participate in a Mile Booster Run. A parent or guardian must be present at check in, be able to walk their runner/s along the sidewalk over to Jones Park for the run/walk, and are also welcome to participate in the event. Be sure to check in each time so you may qualify for the Booster Blast Raffle.

MILE BOOSTER
OCT 20
FLEET FEET SPORTS HUNTSVILLE

10.20.16

MILE BOOSTER
NOV 17
FLEET FEET SPORTS HUNTSVILLE

11.17.16

MILE BOOSTER & BOOSTER BLAST
DEC 1
FLEET FEET SPORTS HUNTSVILLE

12.01.16

Participating in at least two Mile Boosters enters you into a raffle to win prizes. The raffle will be held at the Booster Blast following the final Mile Booster at Fleet Feet Sports on December 1st. There will also be refreshments and special discounts on store merchandise!

BOTANICAL GARDEN 1 MILE FUN RUN

Have fun earning 1 mile of your marathon distance at the **Botanical Gardens!** All kids are welcome to stay and enjoy a **free admission to the garden.** (Please check in at the Visitors Center)

Date and Time: Saturday, November 5, 2016 at 8AM

Location: Huntsville Botanical Garden

4747 Bob Wallace Ave, Huntsville, AL, 35802

Register at Botanical Gardens on November 5th from 7:15-7:45am.

There is no registration fee, no official winner, and no official timing. Just come have fun with friends!

For continual race updates, please visit <http://runrocketcity.com/rocket-city-kids-marathon/> and like the Rocket City Kids Marathon Facebook Page: <https://www.facebook.com/rcmkidsmarathon>.