Running Log for

Adult initials

START

THE MEMORIAL KID'S MARATHON

presented by

THE OKLAHOMAN

First: Register for the Oklahoma City Memorial Kid's Marathon online at www.okcmarathon.com.

Second: Find a safe place to run.

Third: Walk, run, or roll by wheelchair 25 miles before April 25. Fill in each box with the date you run, and remember, get a parent or teacher to sign for each mile that you run.

Fourth: Come to the Cox Convention Center on 4/23 or 4/24 to get your t-shirt and packet.

Fifth: Come run the final 1.2 miles of your Marathon at the Oklahoma City Memorial Marathon. Check the web site before race day to verify the start time. Plan to arrive early to find your place and to warm up.

Questions? Call us at (405) 525-4242, visit us on the web: www.okcmarathon.com, or send us an e-mail: okckidsmarathon@gmail.com

A RUN TO REMEMBER
THE OKLAHOMA CITY
MEMORIAL MARATHON
APRIL 25, 2010

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

FREE 729
COOL KIDS HAMBURGER COMBO
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That's great! Clip this coupon as your reward for a great start. You are on your way!

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Simply amazing! You are more than half way there! Clip this coupon as your reward.

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You are incredible! 20 miles is a long way! Clip this coupon as your reward.

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You did it! Clip this coupon then come get your final reward at the Marathon!

FINISH YOUR MARATHON! - APRIL 25, 2010