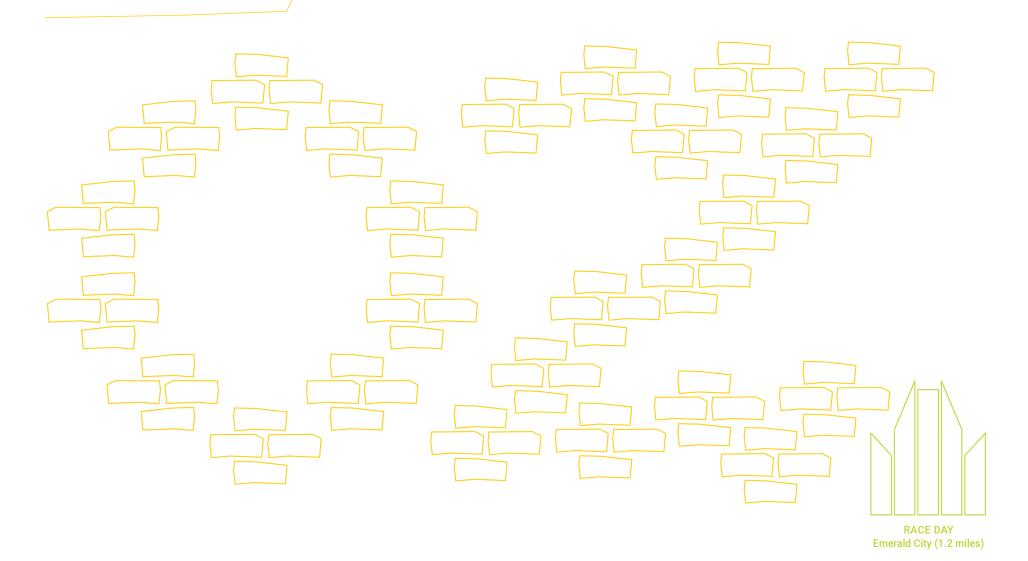
YOUR NAME:



MUNCHKIN MARATHON TRACKING SHEET

Instructions: Each rectangle represents a yellow brick, which equals a ¼ mile. Color in a brick when you complete a ¼ mile. When you finish 4, you've completed a mile. Fill in all the bricks for your training — 25 miles total — then rur the final 1.2 miles on race day to complete a full marathon!



You do not need to return this page to race staff. Please keep it, post it on your room wall or on social media. Way to go!