

2024 SUGAR LAND KIDS HALF MARATHON

12.1 MILE TRAINING LOG

SUNDAY, OCTOBER 13TH

Use this training log
to track your progress.

Log 12.1 miles between now and October 13th. Then come join us at the Sugar Land Half Marathon for the Family Mile to finish the last mile!

Once you cross the finish line of the Family Mile, collect your finisher's medal and head to the awards table in post race to claim your special Kids Half Marathon finisher's shirt. Kids Half registrants get this shirt instead of the Family Mile shirt. Kids may also pickup their run bib for the Family Mile either during pre race packet pickup OR just before the Family Mile starts under the awards tent. They are the **ONLY** event that's allowed to do this.

Place a check mark in the empty circle after running that distance.

MILE .1	MILE 1	MILE 2	MILE 3	MILE 4	MILE 5	MILE 6	MILE 7	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MILE 8	MILE 9	MILE 10	MILE 11	MILE 12	MILE 13	Finish		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			

Mile 13 to be ran on Oct 13, during the Family Mile.

You can
do it!



Congratulations
on completing the 2024 Sugar Land
Kids Half Marathon!