Track the miles you run from March 22 to May 4.

GOAL Foundation is Partnering with Granite Construction to offer our school an opportunity to participate in the Ogden Marathon.

All students will receive a backpack & stickers.

Early Grove students will be recognized with a medal if they run half a marathon (13 miles),

Middle and Upper Grove students will be recognized with a medal if they run a full marathon (26 miles).

May 7- We will run the last 1.2 miles & celebrate student accomplishments of making themselves better in P.E at school on (Better World Day).

My Running Journal

(how far, how you felt, how did you do, timing, weather, terrain)

Write the date you completed each mile.

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