KIDS' SUPERHERO 1/2 MARATHON RUNNING LOG

Name: _____

Age: _____

Here's what to do:

- Walk or run a total of 20.1 km at school or home, between May 10th and June 20th .
- You can count a maximum of 2 km/day.
- Keep track of your distances.
- Register for the Superhero Run online at www.kidsability.ca/en/SuperheroRun. (cost: $ 15)
- Bring this completed log to the race day for verification.
- Have fun running!

MY RUNNING LOG

Date	Time of Day	Distance in km	Total km so far	Adult initials

WOW!

Reminder: your goal is 20.1 km by June 21st

Date	Time of Day	Distance in km	Total km so far	Adult initials

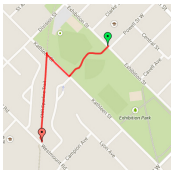
Hooray!

Super running!

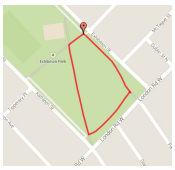
(Extra boxes, just in case…)

Date	Time of Day	Distance in km	Total km so far	Adult initials

Some sample running routes in our neighbourhood:



From Victory School to the trail end and back again = 1.4 km



On the paths near the playground, one full circuit = 0.6 km

www.epng.ca
www.kidsability.ca/en/superherorun

exhibition park neighbourhood group