



KIDS

MILEAGE LOG

INCREMENTAL RUNNING PROGRAM

Saturday December 13, 2025 @ 10:15am CST
WWW.ROCKETCITYMARATHON.RUN

HOW TO USE THE LOG...

Each runner/walker will be at a different level - and that's perfectly fine! Your goal is to get in at least one to two miles each week, depending on your training program. Ask your coach to write in your recommended weekly mileage goal.

Look at your weekly goal recommendation to plan your mileage for the week. For example, every Saturday, plot your runs/walks for that week. Circle the miles that you actually ran, and be sure to adjust your schedule if you miss a run. Have an adult initial each day you ran/walked. At the end of the week, add it up to see how far you've traveled. Just think, by race day, you'll have run/walked to another city! How cool is that?

The event goal is to log at least 25.2 miles prior to race day. The final mile is completed in grand fashion as each child finishes their marathon distance in front of cheering fans, friends, and family inside the South Hall of the Von Braun Center.

Example:
SATURDAY

SUNDAY

MONDAY

TUESDAY

11 0.5 mile/s AMT coach/parent initials	12 mile/s coach/parent initials	13 .25 mile/s AMT coach/parent initials	14 .25 mile/s AMT coach/parent initials
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WEDNESDAY

THURSDAY

FRIDAY

WEEKLY MILEAGE

15 0.5 mile/s AMT coach/parent initials	16 mile/s coach/parent initials	17 0.5 mile/s AMT coach/parent initials	GOAL 2.0 TOTAL 2.0
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FUN ALONG THE WAY:

The kickoff event will be September 6, 2025 at 9:00 AM at Jones Family Park Pavilion. A 1-mile mileage booster will follow the kickoff. To help keep your child motivated while accumulating miles we have identified a number of local 1 mile races for you and your runner to enjoy. Further details can be found on the final log page under EVENT DETAILS.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE
WEEK 1	<div>AUG 1</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div></div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div></div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div></div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div></div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div></div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>2</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>GOAL</div> <div></div> <div>TOTAL</div> <div></div>
WEEK 2	<div>3</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>4</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>5</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>6</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>7</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>8</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>9</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>GOAL</div> <div></div> <div>TOTAL</div> <div></div>
WEEK 3	<div>10</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>11</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>12</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>13</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>14</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>15</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>16</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>GOAL</div> <div></div> <div>TOTAL</div> <div></div>
WEEK 4	<div>17</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>18</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>19</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>20</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>21</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>22</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div> <div>MILEAGE BOOSTER 23</div> <div>Running to the Bulls Fun Run @ 8:30am</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div> </div>	<div>GOAL</div> <div></div> <div>TOTAL</div> <div></div>
WEEK 5	<div>24</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>25</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>26</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>27</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>28</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>29</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>30</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>GOAL</div> <div></div> <div>TOTAL</div> <div></div>
WEEK 6	<div>31</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>SEPT 1</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>2</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>3</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>4</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>5</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div> <div>KICK OFF EVENT!</div> <div>Jones Family Park @ 9:00am</div> <div>6</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div> </div>	<div>GOAL</div> <div></div> <div>TOTAL</div> <div></div>
WEEK 7	<div>7</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>8</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>9</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>10</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>11</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>12</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>13</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>GOAL</div> <div></div> <div>TOTAL</div> <div></div>
WEEK 8	<div>14</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>15</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>16</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>17</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div> <div>AUTUMN CHASE FUN RUN!</div> <div>18</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div> </div>	<div>19</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>20</div> <div> <div>mile/s</div> <div>coach/parent initials</div> </div>	<div>GOAL</div> <div></div> <div>TOTAL</div> <div></div>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE
WEEK 9	<div>21</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>22</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>23</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>24</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>25</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>26</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>27</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>GOAL</div> <div><div></div><div>TOTAL</div><div></div></div>
WEEK 10	<div>28</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>29</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>30</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>OCT 1</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>2</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>3</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>4</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>GOAL</div> <div><div></div><div>TOTAL</div><div></div></div>
WEEK 11	<div>5</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>6</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>7</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>8</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>9</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>10</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>11</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>GOAL</div> <div><div></div><div>TOTAL</div><div></div></div>
WEEK 12	<div>12</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>13</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>14</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>15</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>16</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>17</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>18</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>GOAL</div> <div><div></div><div>TOTAL</div><div></div></div>
WEEK 13	<div>19</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>20</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>21</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>22</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>23</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>24</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>MILEAGE BOOSTER</div> <div><div>Spooktacular Monster Mile @ 8:30am</div><div>mile/s</div><div>coach/parent initials</div></div>	<div>GOAL</div> <div><div></div><div>TOTAL</div><div></div></div>
WEEK 14	<div>26</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>27</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>28</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>29</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>30</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>31</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>NOV 1</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>GOAL</div> <div><div></div><div>TOTAL</div><div></div></div>
WEEK 15	<div>2</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>3</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>4</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>5</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>6</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>7</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>8</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>GOAL</div> <div><div></div><div>TOTAL</div><div></div></div>
WEEK 16	<div>9</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>10</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>11</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>12</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>13</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>14</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>15</div> <div><div>mile/s</div><div>coach/parent initials</div></div>	<div>GOAL</div> <div><div></div><div>TOTAL</div><div></div></div>

MILEAGE LOG

AUG - SEPT - OCT - NOV

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE
WEEK 17	16 mile/s coach/parent initials	17 mile/s coach/parent initials	18 mile/s coach/parent initials	19 mile/s coach/parent initials	20 mile/s coach/parent initials	21 mile/s coach/parent initials	22 mile/s coach/parent initials	GOAL TOTAL
WEEK 18	23 mile/s coach/parent initials	24 mile/s coach/parent initials	25 mile/s coach/parent initials	26 mile/s coach/parent initials	27 mile/s coach/parent initials	28 mile/s coach/parent initials	29 mile/s coach/parent initials	GOAL TOTAL
WEEK 19	30 mile/s coach/parent initials	DEC 1 mile/s coach/parent initials	2 mile/s coach/parent initials	3 mile/s coach/parent initials	4 mile/s coach/parent initials	5 mile/s coach/parent initials	6 mile/s coach/parent initials	GOAL TOTAL
WEEK 20	7 mile/s coach/parent initials	8 mile/s coach/parent initials	9 mile/s coach/parent initials	10 mile/s coach/parent initials	11 mile/s coach/parent initials	12 mile/s coach/parent initials	KIDS 13 RCM! 10:15 AM	GRAND TOTAL BEFORE RACE DAY: 25.2 AFTER RACE DAY: 26.2

EVENT DETAILS



KICK OFF EVENT:

Date and Time: Sept 6 at 9:00am

Location: Jones Family Park Pavillion, followed by 1 Mile Mileage Booster Run

Online Registration:

www.rocketcitymarathon.run

RACE DAY:

Date and Time: Saturday, December 13th at 10:15am

Start Location: Racers will meet at the race start line on Monroe near the VBC South Hall.

Finish Line Location: Finish line inside the VBC South Hall

PACKET PICKUP & EXPO:

BRING RUNNING LOG TO PACKET PICK-UP

Date and Time: Friday, December 12th, 11am - 8pm

Location: VBC South Hall

401 Williams Ave SW, Huntsville, AL 35801

FINAL RACE INSTRUCTIONS:

During the week of the race, registered participants will receive final instructions via email regarding all of the race day details such as how and where you will be reunited with your children after the race. Kids will receive a shirt within their packets and a medal upon the completion of the marathon distance of 26.2 miles. Due to safety reasons, only registered participants will be able to participate in the run.

DATES TO REMEMBER

RUNNING OF THE BULLS 5K
AUG 23
JONES VALLEY PARK PAVILLION
9:00AM

COLOR CRAZE RUN
SEPT 6
UNIVERSITY OF ALABAMA HUNTSVILLE
8:30 AM

KICKOFF EVENT
SEPT 6
JONES VALLEY PARK PAVILLION
9:00AM

AUTUMN CHASE FUN RUN
SEPT 18
JOHN HUNT CROSS COUNTRY PARK
4-6 PM

SPOOKTACULAR MONTSTER MILE
OCT 25
101 CHURCH STREET
9:00AM

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