



Run the Palouse Mileage Tracker

Use this form to keep track of your miles. You can run, jog, or walk on the road, on the trail, on the treadmill, or on the track. You get to run your own race, at your own pace! And if you'd like to shake it up, 30 minutes of any physical activity (walking, biking, jumping rope, dancing, playing basketball, etc.) counts as one mile!

Participant Name: _____

Mile 1:

Mile 2:

Mile 3:

If you've run 3.1 miles, that's a 5K!

Mile 4:

Mile 5:

Mile 6:

If you've run 6.2 miles, that's a 10K!

Mile 7:

Mile 8:

Mile 9:

Mile 10:

Mile 11:

Mile 12:

Mile 13:

***If you've run 13.1 miles, you've
completed a half marathon!***

Mile 14:

Mile 15:

Mile 16:

Mile 17:

Mile 18:

Mile 19:

Mile 20:

Mile 21:

Mile 22:

Mile 23:

Mile 24:

Mile 25:

Mile 26:

And...26.2 miles is a marathon!