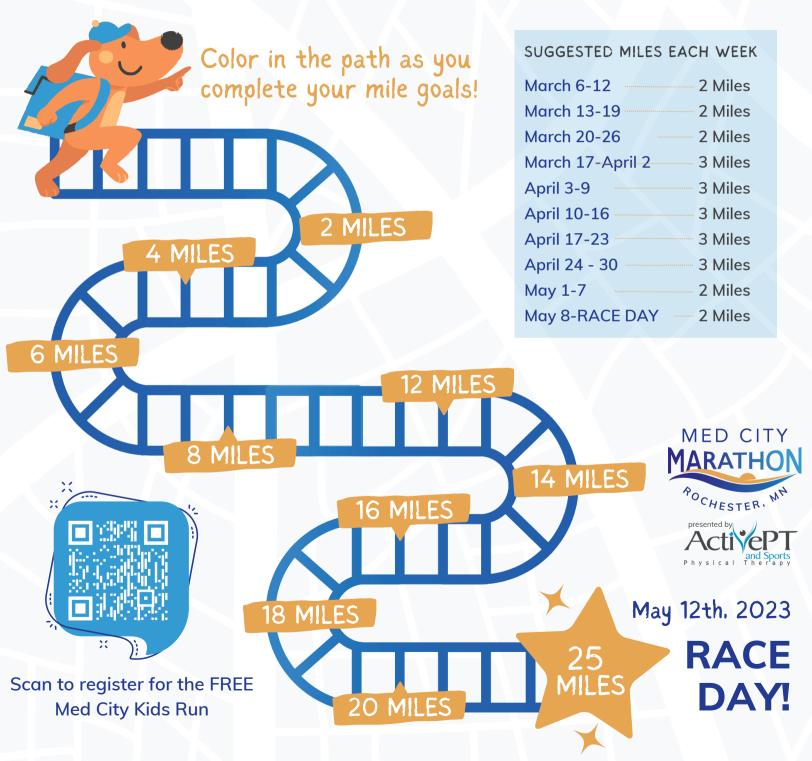
MED CITY KIDS RUN | MAY 12, 2023

Mile Tracker



Let's keep on track! Run 2 to 3 miles a week following this schedule!

Plan ahead! Pick your days and run 1 mile at a time. If you get behind, be sure to add an extra running day in your week!



Complete your Marathon! A Marathon is 26.2 miles, and we run 1.2 miles for the finish on May 12.