Packet Pick-Up

On Saturday, March 24, 2018, all participants must visit the Knoxville Convention Center to get their official race packet. The expo will be held at the Knoxville Convention Center from 9 a.m. to 8 p.m.

When you pick up your packet and turn in your mileage log you will receive a special recognition certificate and earn points for your school!

Covenant Kids Run Route

The Covenant Kids Run starts at 5:30 p.m. on **March 24, 2018**.

The starting line is on the Clinch Avenue Bridge near the Sunsphere at World's Fair Park. Kids follow a route through historic Fort Sanders neighborhood and finish at the 50-yard line of Neyland Stadium.

Participants get a T-shirt, post-race refreshments, and a finisher's medal.

Covenant HEALTH®

www.covenanthealth.com

Covenant Health Knoxville Marathon

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Mileage Log Book

COVENANT KIDS RUN

March 24, 2018

COVENANT KIDS RUN

Official Mileage Log

You Can Finish a Marathon!

All you have to do is run or walk a total of 25.2 miles between now and the day of the race. Then complete the last mile during the Covenant Kids Run in downtown Knoxville for a total of 26.2 miles.

The Covenant Kids Run is a fun, non-competitive event that starts at World's Fair Park - near to where the Covenant Health Knoxville Marathon begins. The finish is on the 50-yard line of Neyland Stadium!

A marathon - 26.2 miles - may sound like a lot, but it's not. You probably run or walk two miles every day just going to school, playing or doing chores. In fact, 30 minutes of active play or exercise is the same as running a mile. And you can count that play or exercise time toward your personal marathon miles.

How to Use Your Official Mileage Log

Between now and the Covenant Kids Run, keep track of the miles you run on the chart to the right.

This mileage log belongs to:

NAME	AGE
DATE	**MILEAGE**
TOTAL MILES	

COVENANT KIDS RUN

Track Your Miles

Each time you run or walk a mile between now and the Covenant Kids Run - or you actively exercise or play for 30 minutes - mark off a mile marker and record it on your mileage log.

The green line is the actual route that the marathon runners will take on race day. For information about the Covenant Kids Run, visit www.knoxvillemarathon.com.

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