Packet Pick-Up

On Saturday, March 28, 2020, all

participants must visit the Worlds Fair Exhibition Hall to get their official race packet. The expo will be held at the Worlds Fair Exhibition Hall 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 28, 2020**.

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 back at World's Fair Park in front of the Worlds Fair Exhibition Hall.

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



Mileage Log Book

March 23, 2020





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, noncompetitive event that starts at World's Fair Park - near to where the Covenant Health Knoxville Marathon begins.

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.

NAME AGE MILEAGE DATE **TOTAL MILES**

This mileage log belongs to:

Track Your Miles

Caswell

17 **j**r

Basketball Hall of Fame

Park

13 1

Covenant

TRACK CLU

FM 107.7

Tyson Park

knoxville

Covenant Health Knoxville Marathon

Kingston Pike

Sequoyah Hills

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Sunsphere

R REGAL

Neyland Stadium 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.

Island Home Airport