

Packet Pick-Up

On Saturday, April 1, 2023, all participants must visit the World's Fair Exhibition Hall to get their official race packet. The expo will be held at the World's 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 **April 1, 2023.**

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 World's Fair Exhibition Hall.

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



Mileage Log Book



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.

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.

Official Mileage Log Book

This mileage log belongs to:

[illegible]

**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 blue 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.

