#### **Packet Pick-Up**

On Saturday, April 6, 2024, 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 6, 2024.** 

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.





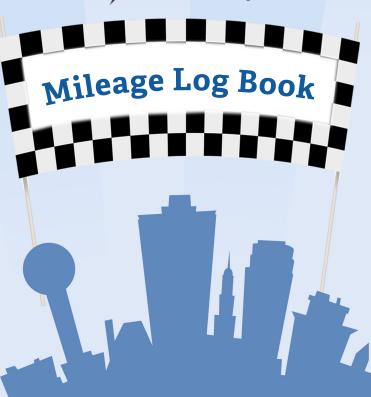
**CovenantHealth.com** 

















# You Can Finish a Marathon!

The Covenant Kids Run is a fun, non-competitive event with a big finish at World's Fair Park.

A marathon - 26.2 miles - may sound like a lot, but you probably run or walk two miles a day already while you're going to school, playing, or doing chores. Every time you run, walk, or play for 30 minutes, count it as one mile on your Covenant Kids Run mileage log.

### **Example:**

30 minutes riding your bike = 1 mile 45 minutes of playing kickball = 1 ½ mile 1 hour of sports practice = 2 miles 1 hour of dance rehearsal = 2 miles

Those miles add up! Log 25.2 miles before race day and join us as we run the last mile from the Sunsphere to the World's Fair Park lawn.

### Official Mileage Log

This mileage log belongs to:

NAME	AGE
DATE	MILEAGE
	· <del></del>
TOTAL MILES	

