

RUNNING LOG FOR:

| | |
|--------------------|---------------------------|
| School Name | Age on day of race |
|--------------------|---------------------------|

ADULT INITIALS ↓

START HERE →

The HARBOR HALF



KIDS' MARATHON

FIRST: Register for the Harbor Half Kid's Marathon online at www.harborhalf.com or print form online and mail.

SECOND: Find a safe place to run.

THIRD: Walk or run 25 miles before October 7, 2011. Fill in each box with the date you run, and remember, get a parent or teacher to sign for each mile that you run.

FOURTH: Submit your log sheet to your coach or mail to 615 N. Upper Broadway #618, Corpus Christi, Texas 78401 by **October 7, 2011**.

FIFTH: Come run the final 1.2 miles of your Marathon at the Harbor Half Kids' Marathon on October 15, 2011. Check the website for updates and new information. Plan to arrive early to participate in the fun and celebration of your accomplishments.

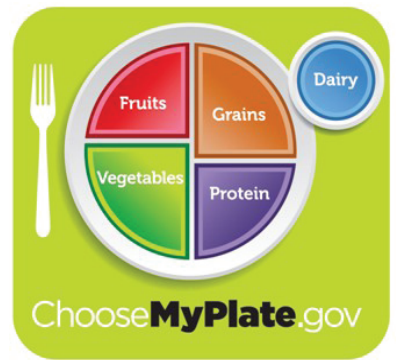
SIXTH: Kid's Marathon race begins at 8:00 AM at Whataburger Field parking lot on October 15, 2011.

Please arrive 30 minutes early.

Questions? Call us at 361-884-6561 or email to jwoodall@jast.org.



| | | | | |
|-----|-----|-----|-----|-----------------------|
| 1/4 | 1/4 | 1/4 | 1/4 | 1 Mile _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 2 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 3 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 4 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 5 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 6 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 7 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 8 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 9 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 10 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 11 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 12 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 13 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 14 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 15 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 16 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 17 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 18 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 19 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 20 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 21 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 22 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 23 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 24 Miles _____ |
| 1/4 | 1/4 | 1/4 | 1/4 | 25 Miles _____ |



All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group. For more information on beans and peas, see Beans and Peas Are Unique Foods.

Select a variety of protein foods to improve nutrient intake and health benefits, including at least 8 ounces of cooked seafood per week. Young children need less, depending on their age and calories needs. The advice to consume seafood does not apply to vegetarians. Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds. Meat and poultry choices should be lean or low-fat.



Grains are divided into 2 subgroups, whole grains and refined grains.

Whole grains contain the entire grain kernel; the bran, germ, and endosperm. Examples include; whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are; white flour, degermed cornmeal, white bread, and white rice.



Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.



Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soy milk (soy beverage) is also part of the Dairy Group.

← FINISH YOUR MARATHON ON OCTOBER 15, 2011 →

