O2FITNESS

Charleston Marathon

# 2018 Charleston Youth Marathon Program
## January 13, 2018
## Individual Training Log

Name:_____ Age:_____

School:_____ Grade:_____ Shirt Size: _____

| Date | Miles Run/Walked | Date | Miles Run/Walked |
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TOTAL MILES LOGGED: _____ ( A MINIMUM OF 25 MILES MUST BE LOGGED PRIOR TO JANUARY 12, 2018)

- You must be registered to participate by December 12, 2017 to be guaranteed a t-shirt
- Logs must be turned into race officials at the expo on January 12, 2018
- Race starts at 7:30 AM on January 13, 2018
- Contact Charleston Marathon with any questions via e-mail at info@charlestonmarathon.com