

Log-a-Mile
75 miles

Kids Running Com

2007

Keep Active with KR's Rest-of-your-Life Chart

Use after you complete
the 25-Mile Log-a-Mile
Chart.

The chart features 75 numbered footprint icons (1-75) arranged in a winding path. The path includes several illustrated sections: 'Shady Trees' (trees and a red apple), 'Snake Bend' (a black winding path with yellow dots), 'Canoe Crossing' (a brown canoe), 'Sun Streak Valley' (a yellow sun), 'Orange Grove' (an orange tree), 'Red Ribbon Run' (a red ribbon), 'River Bridge' (a blue river with a brown bridge), 'Step'n Stones' (a grey path with colorful stones), 'Pine Way' (a green pine tree), 'Road Run' (a yellow road with black dashed lines), and 'Line' (a yellow banner with a red heart). There are also two red stars at the end of the path near the 'Snake Bend' section. The word 'Finish' is written on a yellow banner at the end of the path. The word 'RUNNERS' is written in large, bold, red letters at the bottom center.

Design: Carol Goodrow

RUNNERS
10000

Color in one footprint for each 1/2 mile you run or run/walk. When you complete this chart - no matter how many days, weeks, months, or years it takes you, you have truly earned your blue 100-mile ribbon and you're on the way to being fit for life.