

# GARMIN MUNCHKIN MARATHON AND FAMILY RUN

IN THE LAND OF



JOIN US SATURDAY, APRIL 13, 2019  
GARMIN HEADQUARTERS

We want to see you, your family and your running club buddies  
at the start line of the Garmin Marathon.

Open to students in kindergarten through 8th grade.  
Kids' registration includes free T-shirt, goodie bag, race number and medal.  
Adults can register for free and run with their children if they wish.

## HERE'S WHAT YOU NEED TO DO:

- 1 Have an adult sign you up at OzRun.org – it's FREE!
- 2 Start training by walking or running.
- 3 Use the back of this sheet to log your miles – you need 25 miles by race day!
- 4 Run 1.2 miles on race day to earn your Munchkin Marathon medal.

### FREE TRAINING PROGRAM

You can run or walk your miles anywhere, anytime before race day. Certain local fitness centers will be open to all registered participants on Sundays from 10 a.m. – 5 p.m. Check the race website for a list of participating locations.

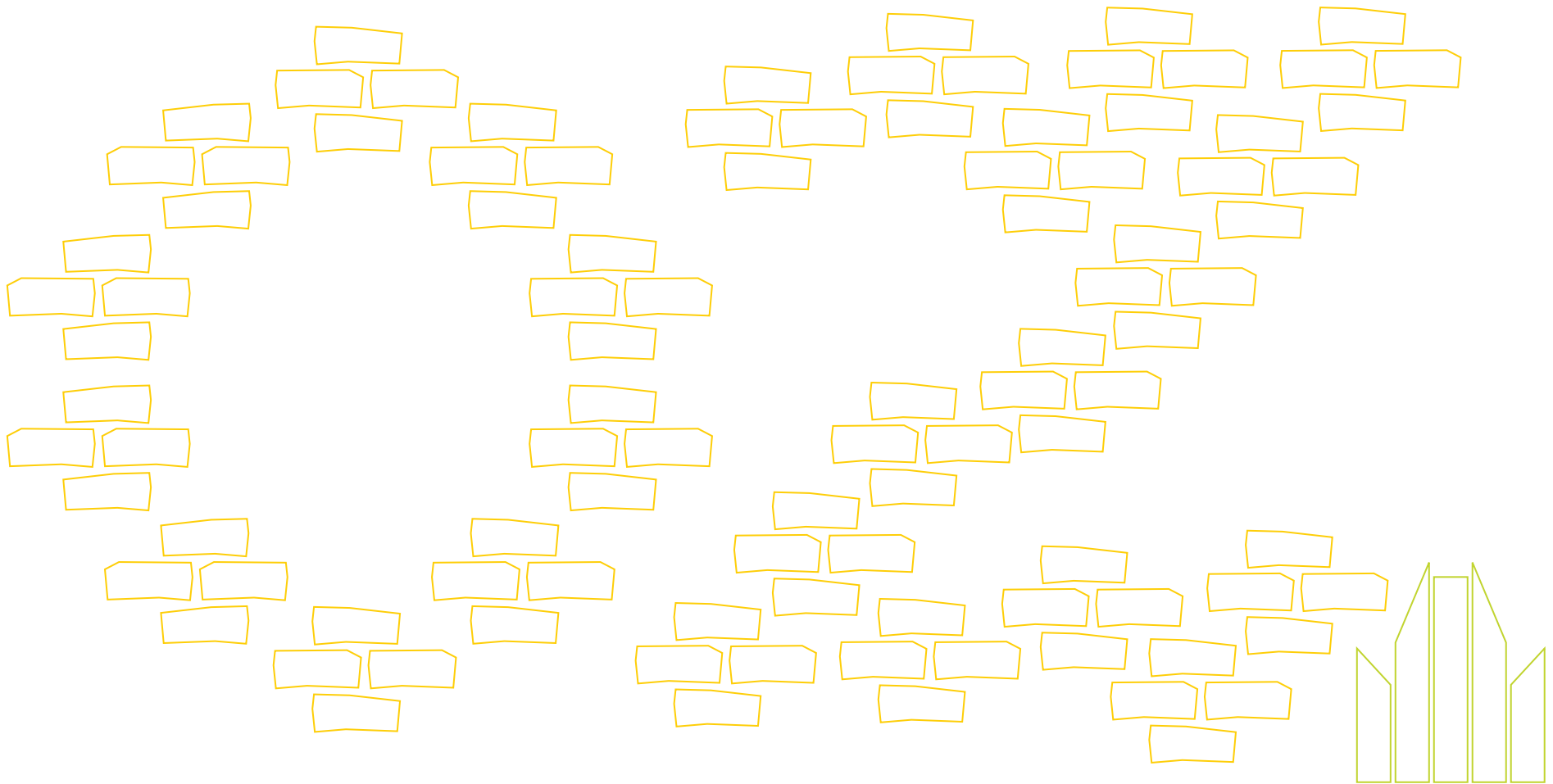
Register today and  
start training tomorrow!

**OzRun.org**

FLIP THIS PAGE OVER TO START YOUR  
MUNCHKIN MARATHON TRAINING! ➔

YOUR NAME:

---



RACE DAY  
Emerald City (1.2 miles)

## MUNCHKIN MARATHON TRACKING SHEET

Instructions: Each rectangle represents a yellow brick, which equals a  $\frac{1}{4}$  mile. Color in a brick when you complete a  $\frac{1}{4}$  mile. When you finish 4, you've completed a mile. Fill in all the bricks for your training — 25 miles total — then run the final 1.2 miles on race day to complete a full marathon!

You do not need to return this page to race staff. Please keep it, post it on your room wall or on social media. Way to go!

