**WILD AT HEART MARATHON – SATURDAY, NOVEMBER 3, 2007 ROSE BOWL LOOP MILEAGE LOG**

Welcome to the Wild at Heart Progressive Marathon! This interval sheet will help you keep track of your miles. You need to complete 23.1 miles before the event day. The first step is to fill out your information below. Next, your coach, trainer, exercise partner, walking club colleague or other adult can sign off on your completed mileage. Your final 3.1 miles will be completed on Saturday, November 3, 2007. To receive your progressive marathon medal, you MUST turn in your completed interval sheet at registration check in on the event day. Upon completion of the 5K (3.1 miles), you will receive your medal.

| NAME: | EMAIL: | |
|---|---|---|
| TEAM NAME (optional): | | |
| **DATE:** | **DISTANCE COMPLETED (in miles):** | **AUTHORIZED SIGNATURE:** |
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| November 3, 2007 | 3.1 miles | |
| | Total Miles: 26.2 miles | |