The MMRF Progressive Marathon

Interval Sheet

Welcome to the MMRF Progressive Marathon!
This sheet will help you keep track of your miles.
You can complete 26.2 miles over a period of time.
You may do that at established races, or on measured runs on your own.

To receive your Progressive Marathon medal, you MUST turn in this completed Interval Sheet to Alicia O'Neill at least one week before you expect to finish your 26.2 miles so we can get your medal to you. Send completed sheet to GreatRaces@themmrf.org or fax to (203) 966-8381

Runner's Name: **Address:**		**Running in honor of:**
Date	**Distance Completed (in miles)**	**Signature**
TOTAL DISTANCE		