

■■■■ GO FAR Summer Running Challenge Log ■■■■

July 1–31 • Goal: 26.2 miles • Ages 6–13

Name: _____

Age: _____

Parent Email (for medal submission): _____

■ *Run, jog, or walk all month long!*

■ *Finish 26.2 miles and send a pic of your completed log to obxgofar@gmail.com to earn your GO FAR Medal!*

Date	Miles	Running Buddy	Notes
July 1	_____	_____	_____
July 2	_____	_____	_____
July 3	_____	_____	_____
July 4	_____	_____	_____
July 5	_____	_____	_____
July 6	_____	_____	_____
July 7	_____	_____	_____
July 8	_____	_____	_____
July 9	_____	_____	_____
July 10	_____	_____	_____
July 11	_____	_____	_____
July 12	_____	_____	_____
July 13	_____	_____	_____
July 14	_____	_____	_____
July 15	_____	_____	_____
July 16	_____	_____	_____
July 17	_____	_____	_____
July 18	_____	_____	_____
July 19	_____	_____	_____
July 20	_____	_____	_____
July 21	_____	_____	_____
July 22	_____	_____	_____
July 23	_____	_____	_____
July 24	_____	_____	_____
July 25	_____	_____	_____
July 26	_____	_____	_____
July 27	_____	_____	_____
July 28	_____	_____	_____
July 29	_____	_____	_____
July 30	_____	_____	_____
July 31	_____	_____	_____

■ **TOTAL MILES:** _____ / 26.2

■ Congrats on running your summer marathon!

■ Don't forget to send a photo of this log to obxgofar@gmail.com to claim your medal!