

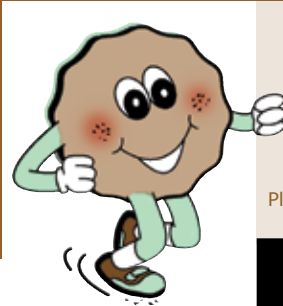


JOSEPH BEHR & SONS

THIN MINT SPRINT '10



Girl Scouts®



Marathon Patch Program

Marathon Running Log for:

Saturday, September 11, 2010

Stillman Valley, Illinois

(PRINT NAME)

Please write the date as you complete each 1/4 mile segment (and have an adult sign off below if 18 yrs or younger)

Instructions:

- 1 Register for the Thin Mint Sprint and check the box indicating you want to participate in the Marathon Patch Program
- 2 Find a safe place to run, like a park or a neighborhood with sidewalks. Measure your course so you can keep track of your mileage.
- 3 Get others to run or walk with you.
- 4 Walk, run, or jog the number of miles necessary that, when added to your Thin Mint Sprint event, will total 26 miles of activity. If 18 years old or under, please have an adult sign off on your miles.
- 5 Complete the final miles required to total 26 miles by participating in an event at the Thin Mint Sprint on 9/11/10
- 6 Exchange your running log for a Thin Mint Sprint Marathon Patch at the event.

For more information please call **815-962-5591 (Ext. 7203)**

1/4 Mile	1/4 Mile	1/4 Mile	1/4 Mile	Adult Signature (if 18 yrs or younger)
Insert Date	Insert Date	Insert Date	Insert Date	1 Mile
Insert Date	Insert Date	Insert Date	Insert Date	2 Miles
Insert Date	Insert Date	Insert Date	Insert Date	3 Miles
Insert Date	Insert Date	Insert Date	Insert Date	4 Miles
Insert Date	Insert Date	Insert Date	Insert Date	5 Miles
Insert Date	Insert Date	Insert Date	Insert Date	6 Miles
Insert Date	Insert Date	Insert Date	Insert Date	7 Miles
Insert Date	Insert Date	Insert Date	Insert Date	8 Miles
Insert Date	Insert Date	Insert Date	Insert Date	9 Miles
Insert Date	Insert Date	Insert Date	Insert Date	10 Miles
Insert Date	Insert Date	Insert Date	Insert Date	11 Miles
Insert Date	Insert Date	Insert Date	Insert Date	12 Miles
Insert Date	Insert Date	Insert Date	Insert Date	13 Miles
Insert Date	Insert Date	Insert Date	Insert Date	14 Miles
Insert Date	Insert Date	Insert Date	Insert Date	15 Miles
Insert Date	Insert Date	Insert Date	Insert Date	16 Miles
Insert Date	Insert Date	Insert Date	Insert Date	17 Miles <small>Stop here if doing "Do the Double" (9 Miles)</small>
Insert Date	Insert Date	Insert Date	Insert Date	18 Miles
Insert Date	Insert Date	Insert Date	Insert Date	19 Miles
Insert Date	Insert Date	Insert Date	Insert Date	20 Miles
Insert Date	Insert Date	Insert Date	Insert Date	21 Miles <small>Stop here if doing "8K" (5 Miles)</small>
Insert Date	Insert Date	Insert Date	Insert Date	22 Miles <small>Stop here if doing "Trail Run" (4 Miles)</small>
Insert Date	Insert Date	Insert Date	Insert Date	23 Miles <small>Stop here if doing 2 Mile Walk/Run</small>
Insert Date	Insert Date	Insert Date	Insert Date	24 Miles

