



RNYRR MIGHTY MILERS

Al Madinah School Elementary Division

NAME: _____ GRADE: _____

Weekly Running Log

	Total Miles	Total Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

RISING NEW YORK ROAD RUNNERS HELPS YOU

- Build confidence
- Make new friends
- Earn rewards
- Get moving
- Learn fitness is fun

Celebrate with us on



/Al Madinah School Inc