THE SAN FRANCISCO MARATHON™ -- JULY 31, 2011
Progressive Marathon Interval Sheet

Welcome to the Progressive Marathon!
This interval sheet will help you to keep track of your miles.
You need to complete 23.1 miles before Race Weekend.
The first step is to fill out the information below.
Next, your coach, trainer, exercising partner or other adult can sign off on your completed mileage. Your final 3.1 miles will be completed in the 5k Run/Walk on Sunday July 31, 2011.

To receive your Progressive Marathon Medal, you MUST turn in your completed Interval Sheet to the Progressive Marathon Bib Pick-Up at the Expo. Upon completion of the 5K, you will receive your medal.

Name: Bib #(if known):

Team Name (optional): Team #:

Date	/	Distance Completed (in miles)	/	Authorized Signature
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July 31, 2011	/	3.1 miles	/	
	Total Miles:	26.2 miles	/	

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