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THE SAN FRANCISCO MARATHON™ - August 3, 2008

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 August 3, 2008.

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
August 3, 2008	3.1 miles	
Total Miles:	26.2 miles	

If more than one sheet is needed, please photo copy and staple before turning in.