5K PUSH MARATHON

Welcome to Marathon Mission's 5K PUSH Marathon! This fun challenge will help you complete a full marathon — even if it's only a mile at a time! The challenge is to train for the Detroit Free Press/Flagstar Marathon 5K event on the third Sunday in October, but in the process, complete a full 26.2-mile marathon distance — incredible! How does it work? Well, beginning this summer (or as late as early September), start training for the Detroit Free Press/ Flagstar Marathon 5K (3.1 miles). As you do, keep track of the date and distances of your training on this handy chart. Every mile you complete, fill out the date and distance on the lines to the left of the map below. Then, using a felt-tip pen, fill in the map marathon course chart, starting from the "start" mark, the number of miles (or parts of course chart, starting from the "start" mark, the number of miles (or parts of a mile) you completed that day. Notice the big "X" right after mile 23. That's 23.1 miles and that's all you have to do, because on race day, you'll do the final 3.1 miles (the 5K race) of your marathon! So, get your friends together and get registered to do your 5K PUSH Marathon at www.DetroitFreePressMarathon.com. And to add even more fun, do the 5K for a reason — see www.MarathonMission.net for full details.

Bonus: Have a running/walking or training question? Marathon Mission has two volunteer online trainers ready to answer your questions! Just register (no commitment necessary) at www.MarathonMission.net and ask away!

Date	Distance

• Be sure to note that the marathon route pictured above is a previous route and subject to change.