

Run a total of 25 miles between now and race day, September 22, 2019.

This could include running a mile a day, or a week, or even half a mile...
the sky's the limit!

On race day, you will run the final

1.2 miles of the actual Ely Marathon route, along with the marathon runners.You will finish at the Official Finish Line, receive a Ely Marathon finishers shirt, medal, goodie bag, Dorothy MolterRoot Beer, and prizes for the top finishers!



TRACK YOUR PROGRESS:

STEP 1: Register online at elymarathon.org, the fee to run is \$15.00 (scholarships available) Please email: run@elymarathon.com for details

STEP 2: Run and track your miles on the back of this card

STEP 3: Show up at Ely Northland Market on Saturday, Sept. 22, 2019

STEP 4: Turn your completed race card in **STEP 5:** Run the race! Race starts at 8:45am.

NAME: AGE:	
DATE:	DISTANCE:

