

iRun's Endgame Running Chart

Mileage goal: I will run _____ miles from _____ to August 3, 2024.
(day of registration)



There are 400 squares on the shoe. Possible combinations, for keeping track of your running miles, include:

Goal: 50 miles, color 8 squares/mile run.

Goal: 100 miles, color 4 squares/mile run.

Goal: 150 miles, color 2.5 squares/mile run.

Goal: 200 miles, color 2 squares/mile run. Etc.

Runners are responsible for determining their own fitness levels. iRun will not be held responsible for runners' fitness goals and participation.