

Muddy Dog Running Log

carolgoodrow.com



25 Miles

Each triangle = 1/2 mile Each square = 1 mile. Keep track any way you want. Color triangles, draw footprints, or be creative. Make a connection between running and math.

1 1/2 START	2 1 1/2	3 2 1/2	4 3 1/2	5 4 1/2
6 5 1/2	7 6 1/2	8 7 1/2	9 8 1/2	10 9 1/2
11 10 1/2	12 11 1/2	13 12 1/2	14 13 1/2	15 14 1/2
16 15 1/2	17 16 1/2	18 17 1/2	19 18 1/2	20 19 1/2
21 20 1/2	22 21 1/2	23 22 1/2	24 23 1/2	25 FINISH 24 1/2

START: Plastic Puddle at Chewy Chick Factory

Mile 4: Thing-A-Ma-Bob-Stream

Mile 12: Puppy Dog Path

Mile 20: Flowery Hill

Mile 9: Black Cat Alley

Mile 14: Ice Cream Island

Mile 21: I See You Sea

Mile 10: Rainbow River

Mile 16: Bunny Bridge

FINISH: Flowery Hill West