**Map My Run Make up form**-

If you miss a run over 1.25 miles you can do a makeup on your own time.

Name Teacher Period

Run missed miles

Predicted time (see teacher )

Run time Date made up

Parent Signature

1. Download the mapmyrunapp  or similar fitness/gps tracker
2. Whatever the run you missed you are required to do that amount.

Make sure the screen shot of the run includes the following:

* Map
* Run Time
* Distance
* Date

-----------------------------------------------------------------------------------------------------------------------------

Insert Screen shot here: