


mile	cume time	www.kilcooleac.com
1	12:35	
2	25:10	
3	37:46	
4	50:21	
5	1:02:56	
6	1:15:31	
7	1:28:06	
8	1:40:41	
9	1:53:17	
10	2:05:52	
11	2:18:27	
12	2:31:02	
13	2:43:37	
14	2:56:13	
15	3:08:48	
16	3:21:23	
17	3:33:58	
18	3:46:33	
19	3:59:09	
20	4:11:44	
21	4:24:19	
22	4:36:54	
23	4:49:29	
24	5:02:04	
25	5:14:40	
26	5:27:15	
Fin	5:30:00	
Emergency info on other side		
		
KILCOOLE AC FOUNDED 1970		
Name:	Emergency Contact & Phone:	Emergency info (Health, medication, other, etc):
		www.kilcooleac.com

Instructions:

Do not be too ambitious, you will not be able to run faster than what you have trained at just because you have a piece of paper on your wrist.

Print this page.

Cut along the outside lines to create the band (You might require the full length of the page, check for a rough fit before cutting)

Fold along the centre line.

Write in your emergency info.

To make the wristband stronger (and waterproof), cover the band lengthwise with strips of clear tape: front, back and side edges.

Trim tape with scissors.

Wrap the band around your wrist, overlapping the Kilcoole AC logo with the top edge of the band, adjust to size taking care not to cover the emergency info on the back. Tape securely.

Run and do not forget to drink plenty of water and stop to smell the roses!

Check your cume time at the markers and adjust your pace as appropriate.

Target Time	
Hours	Mins
5	30

Pace m:ss
 per mile
 Per km

12:35
 7:49