



Run Journal Template

Use this template to keep journal notes for races and run adventures, especially destination races

Race Name _____

Location (City, state, country) _____

Goal Progress _____

(state # ___ of 50 states, continent # ___ of seven continents, world major # ___ of Abbott World Majors, etc)

Race Distance _____ miles

Race Ratings _____

(also see BibRave.com for a great place to rate races and /or review race ratings)

Race Organization _____

(start and finish logistics, on course support and organization, water stops, course marking etc)

Course challenge _____

(hilly, flat, road or trail surface, weather, number of turns, number of runners)

Race swag _____

(medal, finisher shirt, etc)

Post-race food and beverage offerings _____

Race expo or packet pickup quality _____

(Convenience, clarity of the process, vendors at expo, chances to meet famous runners, etc)

Volunteers _____

(Friendliness, adequate number)

Race Finisher Results _____

Finish time _____ : _____ : _____ (hours: minutes: seconds)

Pace of _____ min _____ seconds per mile

_____ of _____ overall race

_____ of _____ in gender group

_____ of _____ in age / gender group

Comments on your race performance _____

(Did you have fun during the whole race experience? Were you happy with your race results? What went well? What would you change in a future race?)

Other Fun and Interesting Race Notes _____

Attractions to do or see in or near the city _____

(Scenery, state or national parks, shopping, museums, landmarks, restaurants, sporting events, etc)

Other comments that made the race and / or the trip memorable or interesting _____

(Travel stories, stories with / about friends, meeting famous people, etc)

Race Theme Song _____

(what song can relates to this race for you? A band from the city/state, a song about the city/state, or a song

you heard before or during the race that was memorable)

Link to personal location for storage of pictures from this race _____

(Instagram, Pinterest, Dropbox, Shutterfly, etc)