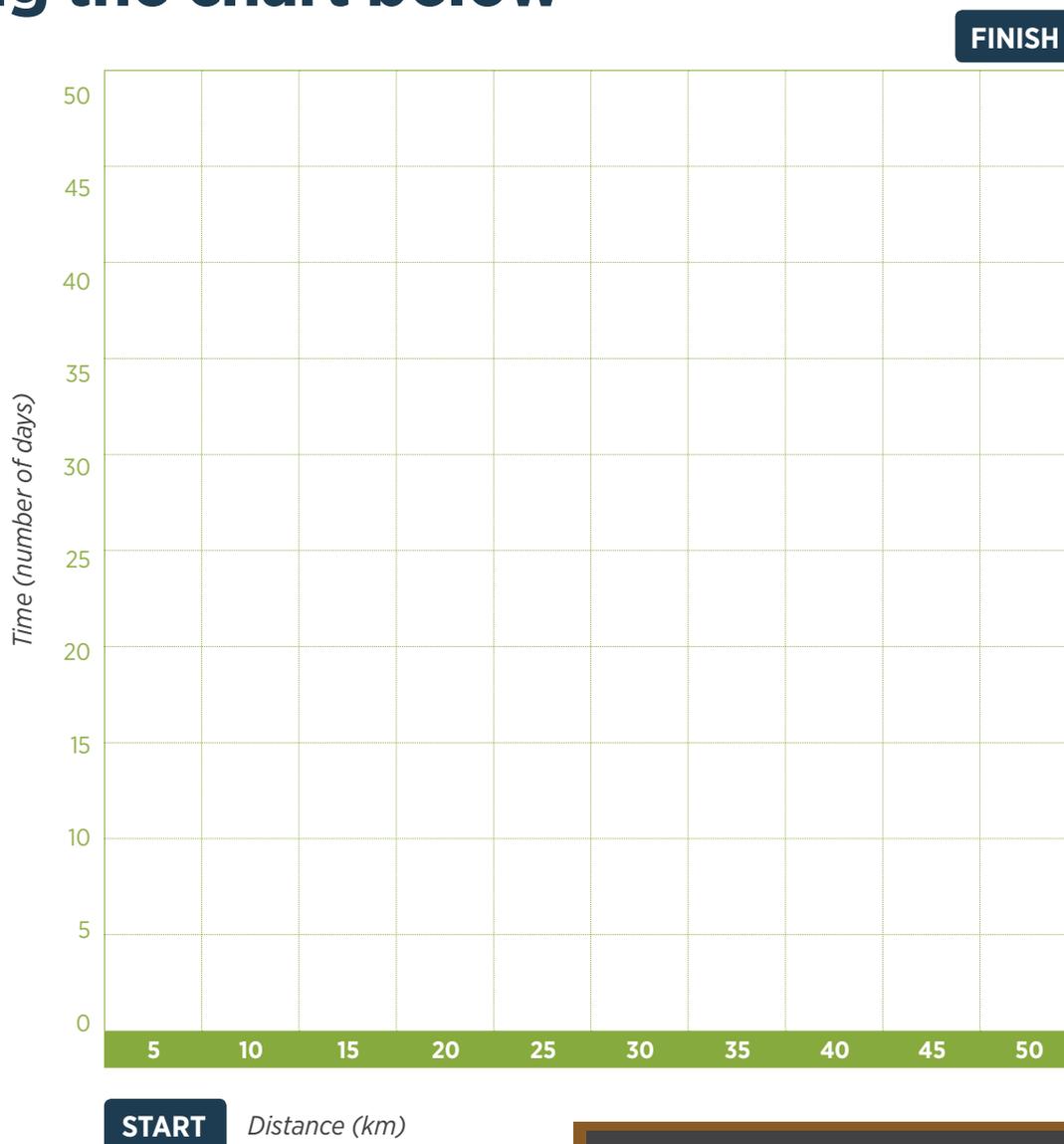




Track your marathon walk using the chart below



SAFETY TIPS

Remember to:

- Cross at a pedestrian crossing or traffic lights, if possible
- Watch out for sneaky driveways.