

Marathon PACE 3:52

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5 - 0:27:29

10 - 0:54:58

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HM - 1:56:00

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INSTRUCTIONS:

I. Print this page:

From the File menu choose Print OR Click the Printer icon above

II. Cut along the black outline to create the band.

III. (Optional)

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.

IV. Wrap the band around your wrist, covering the "A" with the top edge of the band. Size the band to your wrist and tape securely.

V. Go Run a Marathon!

You're done! You can now close this window and enjoy more of the features on MarathonGuide.com.

Good luck with your race!

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