

# 12 Minute Tiger Run

## Running Levels

(by miles)

3.1 Miles	5K Charm
5 Miles	Blue Shoe Charm and Level 1 Blue Shirt Form
10 Miles	Tie Dye Shoe Charm and Level 2 Red Shirt Form
13.1 Miles	13.1 Half Marathon Charm
20 Miles	Green Shoe and Level 3 Green Shirt Form
26.2 Miles	Marathon Charm
30 Miles	Tie Dye Foot and Level 4 Orange Shirt Form
35 Miles	Red Shoe
40 Miles	Golden Paw and Level 5 Neon Yellow Shirt Form

50 Miles

60 Miles

75 Miles

Black Shoe

Orange Shoe

Tennis Shoe and the 75 Miler Shirt