

# 2010 FMRRRC MILEAGE CHALLENGE

## April

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## May

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## June

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

NAME \_\_\_\_\_

MILEAGE FOR QUARTER \_\_\_\_\_

### AEROBIC ACTIVITIES THAT MAY BE USED IN MILEAGE AND CHALLENGE ACTIVITIES:

RUNNING (1 MILE = 1 MILE)  
 WALKING (1 MILE = 1 MILE)  
 BIKING (3 MILES = 1 MILE)  
 CANOING (15 MINUTES = 1 MILE)  
 SWIMMING (1/4 MILE = 1 MILE)  
 XC SKIING (1 MILE = 1 MILE)  
 ROLLER BLADING (2 MILES = 1 MILE)

### SEND COMPLETED FORMS TO:

**Jim Moore**  
**1341 Hawthorn Road**  
**Niskayuna, NY 12309**

Quarterly mileage totals may also be submitted by phone (518-381-9852) or email - (jhmooore01@live.com). They are due by the end of the month following the close of each quarter.