

# 2008 FMRRRC MILEAGE CHALLENGE

## July

Sun.	Mon.	Tues.	Wed.	Thurs.	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		

## August

Sun.	Mon.	Tues.	Wed.	Thurs.	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						

## September

Sun.	Mon.	Tues.	Wed.	Thurs.	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 CHALLENGE AND MILEAGE EQUIVALENTS:

- RUNNING (1 MILE = 1 MILE)
- WALKING (1 MILE = 1 MILE)
- BIKING (3 MILES = 1 MILE)
- CANOEING (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 Hawthorne Road**  
**Niskayuna, NY 12309**

Quarterly mileage totals also may be phoned in or e-mailed to Jim at (518) 381-9352/ [cordsrun@hotmail.com](mailto:cordsrun@hotmail.com). They are due by the end of the month following the close of each quarter.