2014 FMRRC Mileage Challenge - 2nd Quarter

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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)
Bicycling (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:

Doris Castle
2189 Hickory Hill Road
Fonda, NY 12068
Quarterly mileage totals may also be submitted by phone (518-853-4829) or email—(doris.castle@fmrrc.org). They are due by the end of the month following the close of each quarter.