

# 2009 FMRRRC MILEAGE CHALLENGE

July

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	

August

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					

September

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 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 Hawthorn Road  
 Niskayuna, NY 12309

Quarterly mileage totals also may be submitted by phone or e-mail: 518-381-9352/cordsrun@hotmail.com. They are due by the end of the month following the close of each quarter.