

2009 FMRRRC MILEAGE CHALLENGE

October

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

November

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					

December

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		

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.