

2010 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 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 -
 (jhmoore01@live.com). They are due by the end of
 the month following the close of each quarter.