

# 2012 FMRRRC Mileage Challenge - 4th Quarter

## October

Sun	Mon	Tue	Wed	Thu	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	Tue	Wed	Thu	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	Tue	Wed	Thu	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 _____
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### 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.