

# 2017 FMRRRC Mileage Challenge - 3rd Quarter

## JULY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						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 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					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)
- 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.