

2017 FMRRRC Mileage Challenge - 4th Quarter

OCTOBER 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				

NOVEMBER 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		

DECEMBER 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						

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.