Name: $\qquad$ Phone: $\qquad$
Email: $\qquad$

1. Record the distances you walk, run, bike or swim from May 1-31.
2. Turn in your completed log sheet to either center's front desk no later than Friday, June 4.
3. Turning in your log sheet makes you eligible to win a prize! (drawing June 7)

| Walk Skyline Drive $\quad \square$ Swim the English Channel 21 Miles |  |
| :---: | :---: |
| DATE | DISTANCE |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

## Approximate Distances:

## River Distance:

200 Feet ( 67 yards) around the center of the River
27 Laps= 1 Mile
21 Laps $=3 / 4$ Mile
14 Laps $=1 / 2$ Mile
7 Laps $=1 / 4$ Mile

## Lap Lane Distance:

53 Feet (18 yards) is the length of the lap pool
2 Lengths $=1$ Lap
50 Laps= 1 Mile
38 Laps $=3 / 4$ Mile
25 Laps $=1 / 2$ Mile
13 Laps $=1 / 4$ Mile

PWC Indoor Track:
18 Laps= 1 Mile

PRFC Indoor Track:
9 Laps $=1$ Mile

