Name:	Phone:_	
Email:		

- 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 eligib	le to win a prize! (drawing June 7)
☐ Walk Skyline Drive 105 Miles	Swim the English Channel 21 Miles
DATE	DISTANCE
TOTAL:	

Approximate Distances:

River Distance:

200 Feet (67 yards) around the center of the River

27 Laps= 1 Mile

21 Laps= ¾ Mile

14 Laps= ½ Mile

7 Laps= ¼ 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= ½ Mile

13 Laps= ¼ Mile

PWC Indoor Track:

18 Laps= 1 Mile

PRFC Indoor Track:

9 Laps = 1 Mile