



**RUNNING THE SOCIAL DISTANCE
50KLOG (50K = 31 MILES)**



Mile/Minute converter for lifting, workout videos, walks with the family, etc.: 15 min. = .75 miles
15 min. = .75 miles / 30 min. = 1.5 miles / 45 min. = 2.25 miles / 60 min. = 3 miles

Name:			
Phone:			
Date:	Workout:	Miles:	Minutes (15 min. increments)
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
			___ Min/15 X .75 = ___ Miles
Total Distance:			
Signature:			

Turn in your completed log with at least 31 miles finished by **May 15th** by emailing or mailing the form to:
Email: manderson@ci.cedarburg.wi.us OR Mail to: W63 N645 Washington Ave, Cedarburg, WI 53012
Medals will be shipped after May 15th to all completed 50k challengers no matter when the form is turned in.