250 MILE CYCLE CHALLENGE 2017

SPORTS WEST ATHLETIC CLUB

SWAC FIT

July 1 - 31, 2017

Mileage Tracking Sheet

Each Hour on non-computer bike

= 15 MILES

Computer Bikes

- Report logged miles

Session Date (JULY)	Session Duration	= Miles

TOTAL ____________

Train for:

EDIBLE PEDAL 100®

Ride Hard. Eat Well. Give Back.

Sunday, Sept. 17, 2017

10 mile,

50 mile

Nevada 150K (93.2 miles)

www.ediblepedal100.org/