July 1 - 31, 2018

Mileage Tracking Sheet

Each Hour on non-computer bike

= 15 MILES

Computer Bikes

- Report logged miles

Train for:

EDIBLE PEDAL 100®

Ride Hard. Eat Well. Give Back.

Sunday, Sept. 16, 2018

10 mile,
50 mile
Nevada 150K (93.2 miles)

www.ediblepedal100.org/

Date *(session in July)*	**Session Duration**	**= Miles**

TOTAL ______