

MARIETTA COLLEGE 100 AND 500 MILE CLUB LOG

	DATE	DATE	DATE	DATE	DATE	DATE	DATE			
								TOTAL MILES		POINTS
RUNNING									x 1 =	
CYCLING									x 1/4 =	
SWIMMING									x 4 =	
WALKING									x 1 =	
ROWING 1500 M = 1 Mile										
AEROBICS 1 hour = 2 1/2 miles										
									TOTAL	
									POINTS	

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PLEASE MAKE YOUR OWN PHOTOCOPIES OF THIS LOG SHEET

Questions? Contact: Karen Glowacki (Ext. 4671). Completed log sheets may be submitted via campus mail or dropped off in DBRC 210.