

## Going the Social Distance Virtual Marathon Log

## Mukilteo Recreation and Cultural Services

5K = 3.1 Miles 10K = 6.2 Miles Half = 13.1 Full = 26.2 Mile/Minute Equation for Alternative Workout Activity: 15 min = .75 miles \_\_\_\_\_Minutes/15 x .75 (Ex. 30 minutes/15 x .75 = 1.5 miles)

Name				
Date	Workout	Miles	Minutes	Mile Conversion (Non Walk/Run/Bike Activity)
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Total Distance				

Submit mileage/minutes for a progress update on May 22 and completion on June 5 using the Google Doc Progress Mileage Form which will be emailed to you upon registration. Contact Nick Hamblet at nhamblet@mukilteowa.gov for any questions.