CITY OF
MUKILTEO
$\frac{1 \mathbf{R}}{\text { Recreation and Cultural Services }}$ Departtent

## Going the Social Distance Virtual Marathon Log

## Mukilteo Recreation and Cultural Services

$5 \mathrm{~K}=3.1$ Miles $\quad 10 \mathrm{~K}=6.2$ Miles $\quad$ Half $=13.1 \quad$ Full $=26.2$
Mile/Minute Equation for Alternative Workout Activity: $15 \mathrm{~min}=.75$ miles
$\qquad$ Minutes $/ 15 \times .75$ (Ex. 30 minutes $/ 15 \times .75=1.5$ miles)

| Name |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Date | Workout | Miles | Minutes | Mile Conversion (Non Walk/Run/Bike Activity) |
|  |  |  |  | _Min/15 X 75 = ___ Miles |
|  |  |  |  | Min/15 X $75=\ldots$ Miles |
|  |  |  |  | _Min/15 X 75 = ___ Miles |
|  |  |  |  | Min/15 X 75 = ___ Miles |
|  |  |  |  | Min/15 X 75 =___ Miles |
|  |  |  |  | Min/15 X $75=\ldots$ Miles |
|  |  |  |  | _Min/15 X 75 =___ Miles |
|  |  |  |  | Min/15 X 75 =___ Miles |
|  |  |  |  | Min/15 X $75=\ldots$ Miles |
|  |  |  |  | _Min/15 X 75 = ___ Miles |
|  |  |  |  | _Min/15 X 75 =___ Miles |
|  |  |  |  | $\ldots \mathrm{Min} / 15 \times .75$ = ___ Miles |
|  |  |  |  | _Min/15 X 75 = ___ Miles |
|  |  |  |  | $\ldots \mathrm{Min} / 15 \times .75$ = ___ Miles |
|  |  |  |  | $\ldots \mathrm{Min} / 15 \times .75$ = ___ Miles |
|  |  |  |  | _Min/15 X 75 = ___ Miles |
|  |  |  |  | _Min/15 X . 75 = ___ Miles |
|  |  |  |  | _Min/15 X 75 =___ Miles |
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|  |  |  |  | _Min/15 X . 75 = ___ Miles |
|  |  |  |  | $\ldots \mathrm{Min} / 15 \times .75=\ldots$ Miles |
|  |  |  |  | _Min/15 X 75 = ___ Miles |
|  |  |  |  | $\ldots \mathrm{Min} / 15 \times .75$ = ___ Miles |
|  |  |  |  | _Min/15 X . 75 = ___ Miles |
|  |  |  |  | _Min/15 X 75 = ___ Miles |
|  |  |  |  | $\ldots$ Min/15 X $75=\ldots$ Miles |
| Total Distance |  |  |  |  |
| Total Time |  |  |  |  |

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.

