



# Tri-Cities 20k Family Challenge Log

Track kilometers if running or walking. For other fitness activities, use the kilometer/minute coverter: 15 minutes=.5 kilometers / 30 minutes=1 kilometer / 45 minutes=1.5 kilometers / 60 minutes = 2 kilometers



Name:			
Phone:			
Date	Workout	Kilometers	Minutes (15 min increments)
			___ minutes/15 x .5 = ___ kilometers
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			___ minutes/15 x .5 = ___ kilometers
Total Distance:			
Signature:			

Turn in your completed log with at least 20 kilometers finished by May 26th by emailing or mailing the form to: Email: [alacy@marinette.wi.us](mailto:alacy@marinette.wi.us) OR Mail to: 2501 Pierce Ave., Marinette, WI 54143. *Medals will be available after May 27th to all completed 20k challengers no matter when the form is turned in.*