SPORTS WEST ATHLETIC CLUB

Sponsor of:

EDIBLE PEDAL 100®
Ride Hard. Eat Well. Give Back.

Sunday, Sept. 18, 2016

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

www.ediblepedal100.org/

Each Hour on non-computer bike

= 15 MILES

Computer Bikes

- Report logged miles

Sports West Personal Training's

250 Mile Cycle Challenge

Mileage Tracking Sheet

Session Date (JULY)	Session Duration	= Miles

TOTAL