50K YOUR WAY

50k LOG (50k = 31 MILES)

Mile/Minute converter for lifting, workout videos, walks with the family, etc.: 15 min. = .75 miles / 15 min. = .75 miles 30 min. = 1.5 miles / 45 min. = 2.25 miles / 60 min. = 3 miles

Name:						
Email:		Male		Female		
Phone:						
Date:	Workout:	Miles	Minutes (15 min. increments)			
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Total Distance:						
Signature:						

Turn in your completed log with at least 31 miles finished by June 17th by emailing or mailing the form to:
Email: jason_mccray@onslowcountync.gov OR Mail to: 1244 Onslow Pines Road, Jacksonville, NC 28540
Medals and shirts will be available after July 1st to all completed 50k challengers no matter when the form is turned in.