## RACE/EVENT TRAINING LOG

NAME $\qquad$ PHONE \# $\qquad$
E-MAIL $\qquad$
*Please fill out the section below for wellness points.
Race must be between January 1st and December 31st
5K Walk/Jog/Race or Tougher Mudder: 1 point
10K Race or 30 mile Bike Race: 2 points
Half Marathon Race or 50 mile Bike Race or Sprint Triathlon: 3 points
Full Marathon Race or 100 mile Bike Race or Olympic Distance Triathlon: 4 points Half Ironman or Full Ironman: 5 points
*Bib number and registration form or 2 month training exercise leading up to the race required for verification

EVENT $\qquad$ DATE $\qquad$
EVENT $\qquad$ DATE $\qquad$

Month 1
Month 2
Date $\quad$ Type of Exercise $\quad$ Minutes $\quad$ Date


I certify that the above information is correct.
$\qquad$ Date

