



Mileage Log

Enter your total daily mileage in each box, then add them all together for your grand total.

August 30	
August 31	
September 1	
September 2	
September 3	
September 4	
September 5	
September 6	
September 7	
September 8	
September 9	
September 10	
September 11	
September 12	
September 13	
September 14	
September 15	
September 16	
September 17	
September 18	
September 19	
September 20	
TOTAL MILES	

August 30-September 20

Run • Walk • Bike • Swim

ALL miles count!

Help us reach 20,000 miles in celebration of 20 years of hope, help & healing!

To enter mileage online:

If you registered online visit act now:

- Visit ActNowRacing.com/event/554
- Login or click on the link in your confirmation email
- Once logged in, go to Virtual Time Entry tab and enter your mileage.

If you registered another way:

- Email your miles to Jamie at jfields@lostandfoundozarks.com each week or by September 21.

