Napa Shelter in Race 2020

Napa Parks & Recreation and Athletic Feat/Bicycle Works Virtual 50K Challenge

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 / 60 Min = 3 Miles
50K = 31 Miles

Name:							
Phone:			**Email:**				
Date	**Workout**	**Miles**	**Minutes**	**(15 min. increments)**			
				Min/15 X .75 =		Miles	
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