

Are you unsure about how many miles you can log?

<b>½ Mile</b>
2 big laps around both Pine Cobble soccer fields
1 lap around the field behind the school's soccer fields
<b>1 Mile</b>
1 mile running
1 mile walking
1 mile hiking
1 hour skiing (downhill or cross country)
1 hour snowboarding
½ hour ice-skating
71 lengths of the pool or 35.5 laps
1 mile biking
1 mile snow shoeing
1 baseball/softball game
<b>2 Miles</b>
1 soccer game
1 hockey game
1 basketball game
1 Ultimate Frisbee game
1 lacrosse game