RACES AND EVENTS TRAINING LOG

Verification Form

NAME:
EMAIL:
PHONE #:

Please fill out the section below that you completed for wellness points.* **DO NOT TURN THIS FORM IN UNLESS YOU ARE AUDITIED IN JULY 2017. *No other proof needs to be turned in. Races must be between July 1st 2016 and June 30, 2017*

- 5K Walk/Jog Race: **1 point**
- 10K Race or 30 mile Bike Race: **1 point**
- Half Marathon Race or 50 mile Bike Race or Sprint Triathlon: **2 points**
- Full Marathon Race or 100 mile Bike Race or Olympic Distance Triathlon: **3 points**
- Half Ironman or Full Ironman: **5 points**

  ***Instead of bib number or registration number for proof this year, please show your 2 month training exercise leading up to the race.**

EVENT_____ DATE_____
EVENT_____ DATE_____

Month 1			Month 2		
Date	*Type of Exercise*	*Minutes*	*Date*	*Type of Exercise*	*Minutes*

I, _____ confirm that the above information is correct.