



BADLANDS SELF-PACED TRIATHLON

September 12 - October 21, 2022

Name _____

Mileage Log Sheet

Date	Run/Walk	Run/Walk Total	Bike	Bike Total	Swim	Swim Total
Sept. 12						
Sept. 13						
Sept. 14						
Sept. 15						
Sept. 16						
Sept. 17						
Sept. 18						
Sept. 19						
Sept. 20						
Sept. 21						
Sept. 22						
Sept. 23						
Sept. 24						
Sept. 25						
Sept. 26						
Sept. 27						
Sept. 28						
Sept. 29						
Sept. 30						
Oct. 1						
Oct. 2						
Oct. 3						
Oct. 4						
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Oct. 11						
Oct. 12						
Oct. 13						
Oct. 14						
Oct. 15						
Oct. 16						
Oct. 17						
Oct. 18						
Oct. 19						
Oct. 20						
Oct. 21						