

100 Mile Club Mileage Chart

2021

Week	Day	Miles	Trail(s)	Mode
1	May 29			
	May 30			
	May 31			
	June 1			
	June 2			
	June 3			
	June 4			
	June 5			
2	June 6			
	June 7			
	June 8			
	June 9			
	June 10			
	June 11			
	June 12			
3	June 13			
	June 14			
	June 15			
	June 16			
	June 17			
	June 18			
	June 19			
4	June 20			
	June 21			
	June 22			
	June 23			
	June 24			
	June 25			
	June 26			

Total=

Week	Day	Miles	Trail(s)	Mode
5	June 27			
	June 28			
	June 29			
	June 30			
	July 1			
6	July 2			
	July 3			
	July 4			
	July 5			
	July 6			
7	July 7			
	July 8			
	July 9			
	July 10			
	July 11			
8	July 12			
	July 13			
	July 14			
	July 15			
	July 16			
8	July 17			
	July 18			
	July 19			
	July 20			
	July 21			
8	July 22			
	July 23			
	July 24			
	Total=			

Total=

Mode= Walk / Run / Roll

100 Mile Club Mileage Chart

2021

Week	Day	Mileage	Trail(s)	Mode
9	July 25			
	July 26			
	July 27			
	July 28			
	July 29			
	July 30			
	July 31			
10	August 1			
	August 2			
	August 3			
	August 4			
	August 5			
	August 6			
	August 7			
11	August 8			
	August 9			
	August 10			
	August 11			
	August 12			
	August 13			
	August 14			
12	August 15			
	August 16			
	August 17			
	August 18			
	August 19			
	August 20			
	August 21			

Total=

Mode= Walk / Run / Roll

Week	Day	Mileage	Trail(s)	Mode
13	August 22			
	August 23			
	August 24			
	August 25			
	August 26			
	August 27			
	August 28			
14	August 29			
	August 30			
	August 31			
	Sept. 1			
	Sept. 2			
	Sept. 3			
	Sept. 4			
15	Sept. 5			
	Sept. 6			

Total=

**Approx Length
(miles)**

	Total	Total
4	Bryant Grove Trail	
0.75	Inland Trail	
1	Cedar Glade Trail	
4	Day Loop	
11	Volunteer Trail (5.5 miles one way)	
9	Jones Mills Trail	
0.3	Reading Ranger Story Trail	
1	Deer Trail	
2	Couchville Lake Arboretum	
1.5	Sellars Farm Trail	
	Other Trails or areas in the park	

Overall Total =