

## Step It Up

## **Logan Parks and Recreation Department**

Average stride length is 2.5 ft 2,000 steps=1 mile Tracking Log

Dates	Number of Steps	Number of Miles	Total Miles

Must be 7 yrs old to participate. Once you reach 100 miles, return this tracking log to the Logan Parks and Recreation Department, 195 South 100 West. Come in and receive either one, five punch pass to the Logan Community Recreation Center OR three individual day passes to the Logan Aquatic Center. (Limit of 300 miles per participant per year)