

Miles for MUSGROVE

Distance ideas...

Half marathon
= 13.1 miles

Taunton to Minehead
= 25 miles

Marathon
= 26.2 miles

A mile a day
= 30 miles

Wellington to Wells
= 40 miles

Frome to Chard
= 50 miles

or choose a big
round number
such as 100/200 miles,
the choice is yours!

Day of the week

I am _____ (activity) _____ (distance) Miles for Musgrove!

You could...

RUN



cycle



walk



ROW



							TOTAL MILES
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

To support me, visit my fundraising page:

WWW. _____