CITY OF MASON CITY
PARKS & RECREATION
Building A Better Community

Surviving the Distance Challenge

Mason City Parks & Recreation Department Virtual 15K/30K/50K/200K Challenge

15K=9 miles (kids challenge) 30K=18 miles 50K=31 Miles 1.6K=1 Mile

Min/KM converter for lifting, workout videos, walks with the family, etc.
15 min=1 KM 30 Min=2 KM 45 Min=3 KM 60 Min=4 KM

Name			
Phone (Cell)			
Email			
Date	Workout	KM	Minutes (15 min increments)
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Total Distance			
Signature			

Turn in your completed/finished activity log sheet of the 15K/30K/50K/200K by June 15th
by email to:recreation@masoncity.net OR
by mail to: Mason City Parks & Recreation Department, 100 S Federal Ave Suite 201, Mason City, IA 50401

T-Shirts will be delivered to residential houses on door step or if non-resident will be mailed.