

SUFFOLK PARKS & RECREATION VIRTUAL DUATHLON TRACKING

Scan or send a picture of your completed log by Friday, May 22 to receive a finisher shirt! No minimum speed required. Feel free to walk, jog, run or skip at whatever pace you prefer. Send completed log to Parks@SuffolkVA.us



Name			
Email			
Date	Type of Exercise	Distance	Time
Total Distance			
Signature			