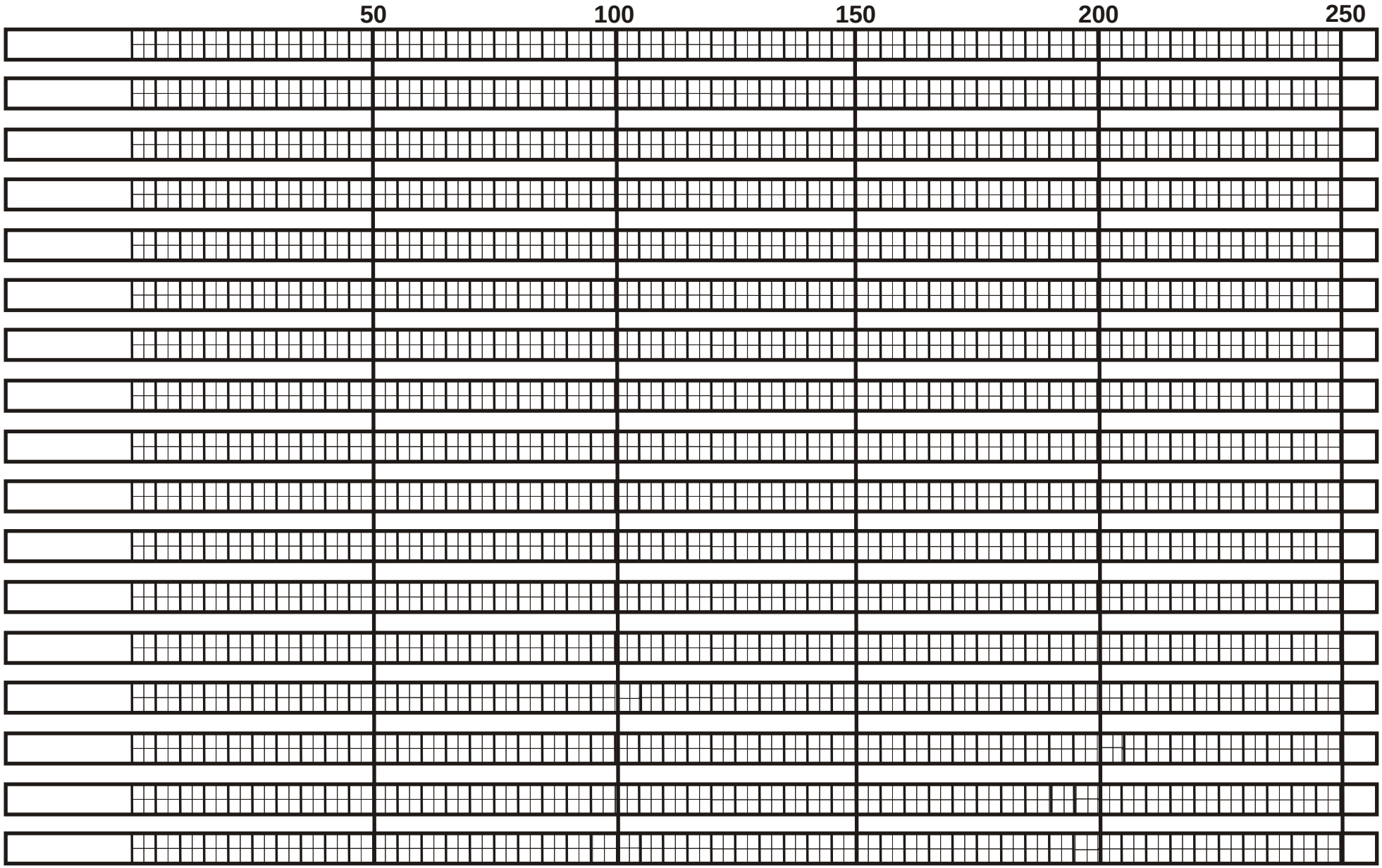
Cycling Mileage Chart

Provided as a courtesy by the
Mountain State Wheelers Bicycle Club
P.O. Box 8161
South Charleston, WV 25303
www.mountainstatewheelers.org

Each bold outlined block represents five miles. You may want to use the smaller divisions to more accurately track your milage or you might want to use the top part of the block to track your road milage and the bottom for your mountain bike milage.



Suggestions: Consider color coding your milage. For example, you could put the milage done on club rides in a different color than your non club rides, or mt. bike, verses road bike, or flat rides as opposed to hilly rides, or just change color for each ride so you can track the ride lenghts.