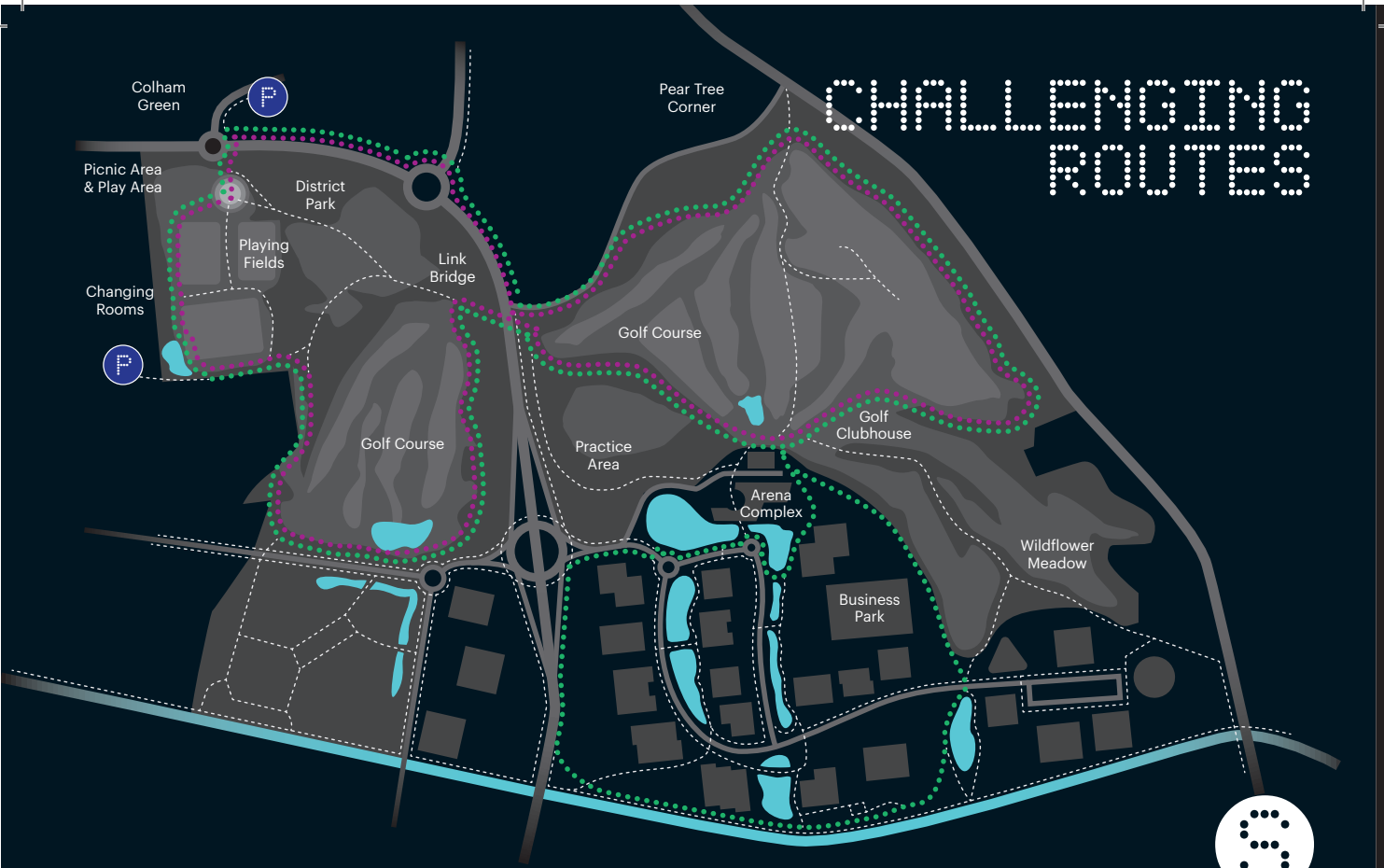


CHALLENGING ROUTES



●●● Route F: 3 miles ●●● Route G: 4.2 miles - - - Footpaths



EXERCISE LOG



| DATE | ROUTE | DISTANCE | TIME | COMMENTS |
|------|-------|----------|-----------|----------|
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
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| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
| / / | F G | miles | mins secs | |
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| / / | F G | miles | mins secs | |

