University of Michigan Department of
Recreational Sports

Bike For Fitness

The *Bike for Fitness* program has been designed by the Department of Recreational Sports for individuals who prefer biking as a means of staying fit.

Mileage certificates will be awarded for bicycling 250, 500, 1,000, 1,500, 2,000, 2,500 and 3,000 miles. For mileage to count towards a certificate, you must bike in increments of 10 miles or more. Mileage goals must be completed within the academic year (September 1 - August 31). We hope you find the mileage chart below helpful for recording distances biked.

After completing any of the above mileage goals, please fill out the lower portion of this form and submit it to the CCRB, NCRB or IMSB main business office. *Bike for Fitness* certificates may be picked up ten days after submitting an application.

Mileage Chart
(each square marked signifies 5 miles biked)

5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	
																				(100 miles completed)
																				(200 miles completed)
																				(300 miles completed)
																				(400 miles completed)
																				(500 miles completed)
																				(600 miles completed)
																				(700 miles completed)
																				(800 miles completed)
																				(900 miles completed)
																				(1,000 miles completed)

1. Please print your **name, telephone number** and the **number of miles** you have completed:

name (as you would like it to appear on certificate) _____ phone _____ mileage _____

2. Please circle the **facility** at which you would like to pickup your certificate:

CCRB NCRB IMSB

By my signature, I certify that I have completed the above-listed miles in the *Bike for Fitness* program. I understand this is a cumulative total and that I may continue to apply for mileage certificates after completing designated distances as indicated by the program's description.

signature _____ date _____