

Dublin Mega Mileage Club

Kids and adults have the opportunity to earn small charms as they walk, jog, and exercise their way to better health. Use the indoor track at the Dublin Community Recreation Center, or any of the Dublin parks or bike paths to stay active and have fun. Getting started is easy:

1. See a fitness attendant on the fitness floor at the DCRC to get a logging sheet, or download one from: <http://dublinohiousa.gov/recreation-services/fitness/>
2. At the DCRC: Walk or jog as many miles as you can on the indoor track, record your distance, and receive a charm to add to a neck chain or attach to your shoe laces for every mile.
3. At the Dublin parks or bike paths: Exercise or participate in various activities, record your activity and time, and receive a charm to add to a neck chain or to attach to your shoe laces.

All charms can be redeemed by visiting the group fitness check-in desk at the DCRC.

Conversion Chart

Activities (examples)	# of minutes to earn one charm	Location (examples)
Running	10 (~1 mile)	DCRC Track
Walking	20 (~1 mile)	Dublin Bike Path
Playing on Playground	20	Dublin Coffman Park
Basketball, Tennis	15	Dublin Coffman Park
Volleyball, Soccer, Baseball, Softball	20	Avery Park, Daree Fields
Skateboarding, Rollerblading	20	Dublin Coffman Park
Bike riding	15	Dublin Bike Paths
Swimming, playing in pool	20	Dublin North/South Pool
Hiking	15	Indian Run Falls
Sledding, playing in snow	20	Dublin Scioto Park (Leatherlips)





City of Dublin

Logging Sheet

[illegible]