



Lake Erie Swimming Challenge

*It's 256 Miles from Toledo, Ohio to Buffalo, New York
How long will it take you?*

Conversion Table for Lake Erie Swimming Challenge

18 laps (36 lengths of the pool) equals 1 mile towards Challenge

FitQuest Miles for Lake Erie Swimming Challenge

Earn 5 miles for every 30 minutes of lap swimming.

Keep track of your daily lap swimming on the forms provided!

Check out our FitQuest website at <http://fitquest.westerville.org>.

