

DATE Day / Month / Date  
eg Mon Nov 05

TOP ROW

Activity =  
Level =  
Destination =  
Total Distance (Vehicle to Vehicle) = km  
Total Vertical/Uphills = m  
Maximum Elevation = m  
Duration (Canmore to Canmore) = hrs  
maximum # =

MIDDLE ROW

Departure time =  
Gas Contribution = \$  
Notes =  
Leader =

BOTTOM ROW

Sign-up email address =