

# RFC Miles Program

## Mileage Conversion

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*Use the chart below to convert your actual mileage to RFC miles:*

Activity	Your Mileage	RFC Miles
Bike & UBE	1 mile	1.2 miles
Rowing	1000 meters	2.0 miles
In-line skating	1 mile	2.5 miles
Stairmaster	1 mile	3.5 miles
Step Mill	1 mile	4.0 miles
Elliptical	1 mile	4.0 miles
Run*	1 mile	4.0 miles
Cross Country ski	1 mile	5.0 miles
Walk**	1 mile	5.0 miles
Swim	1000 yards	8.0 miles
Walk/run (water)***	500 yards	10 iles

\* Running is defined roughly as any pace below a 15 minute mile.

\*\* Walking is defined roughly as having continuous foot contact with the ground, at any pace at or above a 15 minute mile.

\*\*\* Water walking is defined as having continuous foot contact with the pool bottom, moving from one end of the pool to the other, touching the wall with your hand at the end of each length.