PERSONAL PADDLE LOG

This log goes from *November 1* of 20____ to *October 31* of 20____

The log should contain any paddles that you did that were not on the Club schedule. If you don't have a GPS then use the following to determine distance traveled, excluding long breaks. Club members over the years have averaged 4.5 km per hour paddled.

Date	Place (Put in and take out) detail	km paddled