



## 2025 FULL Iron Gnome Tracking Sheet

Participant Name \_\_\_\_\_ Participant's Community House \_\_\_\_\_

Please circle one: Class of 25    Class of 26    Class of 27    Class of 28    Administration/Faculty/Staff/Family Member

Swim 2.5 Miles. Color in when each mile is completed.

Mile .5	Mile 1	Mile 1.5	Mile 2	Mile 2.5
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Walk/Run/Jog/Hike 22 Miles. Color in when each mile is completed.

Mile 1	Mile 2	Mile 3	Mile 4	Mile 5	Mile 6
Mile 7	Mile 8	Mile 9	Mile 10	Mile 11	Mile 12
Mile 13	Mile 14	Mile 15	Mile 16	Mile 17	Mile 18
Mile 19	Mile 20	Mile 21	Mile 22		

Bike 112 Miles. Color in when each mile is completed.

Mile 1	Mile 2	Mile 3	Mile 4	Mile 5	Mile 6	Mile 7	Mile 8	Mile 9	Mile 10
Mile 11	Mile 12	Mile 13	Mile 14	Mile 15	Mile 16	Mile 17	Mile 18	Mile 19	Mile 20
Mile 21	Mile 22	Mile 23	Mile 24	Mile 25	Mile 26	Mile 27	Mile 28	Mile 29	Mile 30
Mile 31	Mile 32	Mile 33	Mile 34	Mile 35	Mile 36	Mile 37	Mile 38	Mile 39	Mile 40
Mile 41	Mile 42	Mile 43	Mile 44	Mile 45	Mile 46	Mile 47	Mile 48	Mile 49	Mile 50
Mile 51	Mile 52	Mile 53	Mile 54	Mile 55	Mile 56	Mile 57	Mile 58	Mile 59	Mile 60
Mile 61	Mile 62	Mile 63	Mile 64	Mile 65	Mile 66	Mile 67	Mile 68	Mile 69	Mile 70
Mile 71	Mile 72	Mile 73	Mile 74	Mile 75	Mile 76	Mile 77	Mile 78	Mile 79	Mile 80
Mile 81	Mile 82	Mile 83	Mile 84	Mile 85	Mile 86	Mile 87	Mile 88	Mile 89	Mile 90
Mile 91	Mile 92	Mile 93	Mile 94	Mile 95	Mile 96	Mile 97	Mile 98	Mile 99	Mile 100
Mile 101	Mile 102	Mile 103	Mile 104	Mile 105	Mile 106	Mile 107	Mile 108	Mile 109	Mile 110
Mile 111	Mile 112								

Please email your completed card to Analane Powell ([anpowell@noordacom.org](mailto:anpowell@noordacom.org)) in Research as soon as it is completed to be considered for the first, second and third place winners. And no later than May 8, 2025 at 5 pm, to count towards the Communities Competition.



**NOORDA COLLEGE**  
of OSTEOPATHIC MEDICINE