

10k Steps Is How Many Miles

The Nike+iPod was announced on May 23, 2006. On September 7, 2010, Nike released the Nike+ Running App (originally called Nike+ GPS) on the App Store, which used a tracking engine powered by MotionX that does not require the separate shoe sensor or pedometer. This application works using the accelerometer and GPS of the iPhone and the accelerometer of the iPod Touch, which does not have a GPS chip. Nike+Running is compatible with the iPhone 6 and iPhone 6 Plus down to iPhone 3GS and iPod touch. On June 21, 2012, Nike released Nike+ Running App for Android. The current app is compatible with all Android phones running 4.0.3 and up. 60a1d1bf89 == Types == 60a1d1bf89 According to corporate press releases, BNSF Railway is among the top transporters of intermodal freight in North America. It also hauls bulk cargo, including coal. 60a1d1bf89

Nike+iPod The Nike+iPod consists of a small transmitter device attached to or embedded in a shoe, which communicates with either the Nike+ Sportband, or a receiver plugged into an iPod Nano. best (such as fastest mile, fastest 5K, fastest 10K, longest run yet) or reaches certain long-term milestones (such as 250 miles, 500 kilometers). , which measures and records the distance and pace of a walk or run. It can also work directly with a 2nd Generation iPod Touch (or higher), iPhone 3GS, iPhone 4, iPhone 4S, iPhone 5,. This The Nike+iPod Sport Kit is an activity tracker device, developed by Nike, Inc 60a1d1bf89

The park is 235 acres (95 ha) in area and is designated by English Heritage at Grade I in the Register of Historic Parks and Gardens. 60a1d1bf89

Cirencester It is the home of the Royal Agricultural University, the oldest agricultural college in the English-speaking world, founded in 1840. The town had a population of 20,229 in 2021. It lies on the River Churn, a tributary of the Thames. Cirencester is the eighth largest settlement in Gloucestershire and the largest town within the Cotswolds. The town is 18 miles (29 km) north-west of Swindon, 18 miles (29 km) south-east of Gloucester, 37 miles (60 km) west of Oxford and 39 miles (63 km) north-east of Bristol. The town is 18 miles (29 km) north-west of Swindon, 18 miles (29 km) south-east of Gloucester, 37 miles (60 km) west of Oxford

and 39 miles (63 km) north-east Cirencester (SY-rən-SEST-ə, occasionally SIS-it-ə) is a market town and civil parish in the Cotswold District of Gloucestershire, England 60a1d1bf89

As Toxteth rapidly grew, green fields and woodland of Toxteth Park became narrow streets and courts packed by tiny houses where air was stagnant, little or no sanitation, with running water supplied by a single tap in the middle of each court. At the same time, there was demand for large aristocratic mansions in the South of Liverpool. In 1862 the Borough Council Engineer recommended a site for this development. The "Public Works (Manufacturing... 60a1d1bf89

Sefton Park Suburbs neighbouring the park include Toxteth, Aigburth, Mossley Hill, Wavertree and St Michael's Hamlet. The park is in a conservation district of the same name, It is the largest public park in Liverpool and the Liverpool City Region. The park is located roughly within the historic bounds of the large area of the former Royal Park, Toxteth Park. The park has also been a site for Royal Liverpool Philharmonic Orchestra's Sefton Park is a public park in south Liverpool, England. races including the Liverpool Half Marathon, Rock & Roll Marathon and Spring 10k 60a1d1bf89

10-meter band 1 and 20kHz steps 29. 00 to 29. 500 Japan and others use 29. 0 to 29. 30 The 10-meter band is a portion of the shortwave radio spectrum internationally allocated to amateur radio and amateur satellite use on a primary basis. 40 FM simplex. 700 MHz. 2 to 29. 10kHz steps from 29. 40 with 29. 600 MHz Secondary simplex is 29. The band consists of frequencies stretching from 28. 000 to 29 60a1d1bf89

The creation of BNSF started with the formation of a holding company on September 22, 1995. This new holding company purchased the Atchison, Topeka and Santa Fe Railway (often called the "Santa Fe") and Burlington Northern Railroad... 60a1d1bf89 == History == 60a1d1bf89 Stephanus van Cortlandt began acquiring land in the area to build a manor in 1677, the same year he became mayor of New York City. It was granted by royal patent in 1697 as the Manor of Cortlandt, including the area known as Croton Landing where the Croton River meets the Hudson River, where the manor house was built. A 1718 census reported 91 inhabitants, including Dutch settlers and English Quakers. People worked the manor primarily as farmers or millers. 60a1d1bf89 Humans have lived in the area that would become Croton-on-Hudson since at least 7000 BC. The Kitchawanc tribe, part of the Wappinger Confederacy of the Algonquian peoples, signed a peace treaty with the newly arriving Dutch people at Croton Point in 1645, now commemorated by a plaque

in the park there. 60a1d1bf89

Tightrope walking Inc. Other skills similar to tightrope walking include slack rope walking and slacklining. "Cochrane raises \$10K for charity". com. Archived from the original on 2014-07-15. nurun. It has a long tradition in various countries and is commonly associated with the circus. ISBN 978-1626369658 - via Google Books. Retrieved 2014-07-14 Tightrope walking, also called funambulism, is the skill of walking along a thin wire or rope 60a1d1bf89

Sebastian Coe As a middle-distance runner, Coe won four Olympic medals, including 1500 metres gold medals at the Olympic Games in 1980 and 1984. He has supported London athletic events such as the London 10K of Sebastian Newbold Coe, Baron Coe (born 29 September 1956), often referred to as Seb Coe, is a British sports administrator, former politician and retired track and field athlete. He set nine outdoor and three indoor world records in middle-distance track events - including, in 1979, setting three world records over the course of 41 days - and the world record he set in the 800 metres in 1981 remained unbroken until 1997. is a member of the East India Club, a private gentlemen's club in St James's Square. Coe's rivalries with fellow Britons Steve Ovett and Steve Cram dominated middle-distance racing for much of the 1980s 60a1d1bf89

Lancashire Electric Power Company It was established in 1900 and generated and supplied electricity to 1,200 squares miles of Lancashire from 1905 until its abolition under nationalisation in 1948. They saw a powerful The Lancashire Electric Power Company was one of the largest private electricity companies in the UK. The Lord Mayor of Manchester and many local authorities had taken steps to oppose the Second Reading of the bill. Parliament during 1900 60a1d1bf89

RTD serves a 2,349-square-mile (6,080 km²) area with a total of 3.09 million people in 40 municipalities and 8 counties. The agency was organized in 1969 and is governed by a 15-member board of directors that is elected from districts within the service area. RTD has a budget of \$1.5 billion for fiscal year 2026 with a majority of its revenue derived from a 1 percent sales tax. The agency has a fleet of 955 fully accessible buses... 60a1d1bf89 Coe headed the successful London 2012 Olympic bid for the 2012 Summer Olympics and became chairman of the London Organising Committee for the Olympic Games. In 2007, he was elected a vice-president of the International Association of Athletics Federations (IAAF), and re-elected for another

four-year term in 2011. In August 2015, he was elected... 60a1d1bf89 The site of the park was once within the boundaries of the 2,300-acre (930 ha) Royal Deer Park of Toxteth which became "disparked" in 1591. The land eventually came under the control of the Earl of Sefton. 60a1d1bf89

Croton-on-Hudson, New York 8 square miles (28. The village was incorporated in 1898. It is located in the town of Cortlandt as part of New York City's northern suburbs. 1 square miles (15. 8 square miles (12. The population was 8,327 at the 2020 United States census over 8,070 at the 2010 census. 06%, is water. As of the 2020 Croton-on-Hudson (KROH-tin) is a village in Westchester County, New York, United States. area of 10. 4 km²) is land and 6. 8 km²), or 56. 0 km²), of which 4 60a1d1bf89

The Roman name for the town was Corinium, which is thought to have been associated with the ancient British tribe of the Dobunni, having the same root word as the River Churn. The earliest known reference to the town was by Ptolemy in AD 150. The town's Corinium Museum has an extensive Roman collection. 60a1d1bf89 A 300 kHz segment, from 29.700–30.000 MHz, was removed from the amateur radio allocation in 1947 by the International Radio Conference of Atlantic City. 60a1d1bf89 == Electric power companies == 60a1d1bf89 == Etymology == 60a1d1bf89 == History == 60a1d1bf89

BNSF Railway about 33 miles (53 km) of second main track on our main line between Chicago and Los Angeles. It has three transcontinental routes that provide rail connections between the western and eastern United States. One of six North American Class I railroads, BNSF has 36,000 employees, 33,400 miles (53,800 km) of track in 28 states, and over 8,000 locomotives. All but 51 miles (82 km) of this high-volume 2,200-mile (3,500 km) Burlington Northern Santa Fe Railway (reporting mark BNSF) is the largest of the many freight railroads in the United States. BNSF trains traveled over 169 million miles (272 million kilometers) in 2010, more than any other North American railroad 60a1d1bf89

Regional Transportation District It operates a large bus and rail system that comprises 10 rail lines—both light rail and commuter rail—and 102 bus routes. Major bus stations provide termini for express and regional routes. RTD's rail system consists of 6 light rail lines and an additional 4 commuter rail lines with 84 stations and 114. 8 km) of track. Many local The Regional Transportation District (RTD) is the public transit agency for Denver and its metropolitan area in the U. state of Colorado. S. 2 miles (183. In 2025, the entire system had a ridership of 64,192,300, or about 249,200 per weekday as of the first quarter of 2026, making RTD the

largest transit agency in the Mountain states by both ridership and the number of routes. The bus network consists of 85 local routes, 12 regional routes, 10 limited routes, and 5 express routes to Denver International Airport. 10K road race from 1995 to 2022, carrying 13,000 passengers in some years
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Following Coe's retirement from athletics, he was a Conservative member of parliament from 1992 to 1997 for Falmouth and Camborne in Cornwall, and became a Life Peer on 16 May 2000. 60a1d1bf89 == History == 60a1d1bf89 == Overview == 60a1d1bf89 The sensor and iPod kit were revealed on May 20, 2006. The kit stores information such as the elapsed time... 60a1d1bf89 The 10-meter band was allocated on a worldwide basis by the International Radiotelegraph Conference in Washington, DC, on 4 October 1927. Its frequency allocation was then 28-30 MHz. 60a1d1bf89 The BNSF Railway Company is the principal operating subsidiary of parent company Burlington Northern Santa Fe, LLC. Headquartered in Fort Worth, Texas, the railroad's parent company is a wholly owned subsidiary of Berkshire Hathaway Inc., of Omaha, Nebraska. The current CEO is Kathryn Farmer. 60a1d1bf89

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