



Summer distance Challenge

If you would like, we are having a summer distance challenge. Fill out a mileage sheet to see how much you've done over the summer (including the first 3 weeks of the season). We will have something to recognize the milestones some have obtained (300 Mile club). Even if you don't get the level for an award, challenge yourself to get in a good amount of miles so you're ready for the season. However, make sure you follow the summer training guidelines to stay healthy and injury free. If you've achieved the challenge, IT IS YOUR RESPONSIBILITY TO TURN THIS IN ON THE LAST SUMMER DAY. (You may also turn in a summer log which is more detailed for a couple letter points. This is only for the distance challenge.) DUE: 8/31

	S	M	T	W	T	F	S	total
June	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
June	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
June	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
June	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
June	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
July	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
July	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
July	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
July	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
July	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Aug.	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Aug.	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Aug.	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Aug.	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Aug.	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Total Summer miles-----								<input type="text"/>