

EDINA

2010 Summer Running Club

Dates

- ✓ Runs logged between June 14 and August 15

Cost

- ✓ Your time, effort and dedication

Requirements

- ✓ Email coach Jamie (jamkirkpatrick@edina.k12.mn.us) indicating your participation no later than Monday, June 28
- ✓ Keep a timely training log (log each run on flotrack within 72 hours – if you don't have an account, you can create one for free @ <http://www.flotrack.org/auth/login>)
- ✓ Attend at least 10 captain's practices (that's only 1 per week!) – see *edinacrosscountry.com* for dates and times

Levels

- 125 Miles (average 2 miles / day)
- 250 Miles (average 4 miles / day)
- 375 Miles (average 6 miles / day)
- 500 Miles (average 8 miles / day)

50-Day Challenge

- ✓ Run every day for the 50 days leading up to the season (June 27 – August 15)
- ✓ A run must be at least 20 minutes to qualify
- ✓ If you cannot run one day of a week (due to sickness, travel, etc), the run can be made up the following day by completing "double" (the two runs must be separated by at least 6 hours of rest)

Awards (& Rewards)

- **Running fast in September, October & November (Obviously)**
- Dri-Fit Mileage Club T-Shirt
- Guaranteed Spot on Labor Day weekend Iowa Trip (Pleasant Valley Invitational) for the following:
 - Entering 9th & 10th Grade: 250+ Mile Club
 - Entering 11th & 12th Grade: 375+ Mile Club
- Special Edition 50-day Challenge t-shirt (for those that complete the 50-day challenge)