

2010 Edina CCers,

Another summer is upon us. We may not like it, but we all know it: races are *run* in the fall, but *won* in the summer – PRs *set* the fall, but *earned* in the summer. It can be both a blessing and curse that we get out of running what we put into it. It demands that we constantly work if we want to improve, but improvement is always in our hands.

We continue to make great progress as a team in terms of summer commitment, but to compete with the Wayzatas and Eden Prairies of the world, we need to keep pushing the envelope. I hope more and more of you start to see the light and put the work in to let you be your best in October and beyond.

There are some great opportunities to help you improve this summer if you choose the path of hard work and dedication. The summer team camp in July and coach led training sessions in June and July can help you along the way. But there is nothing more effective than the simple daily routine of getting out and running with your buddies and teammates (aka captains' practice). Take advantage of these opportunities and you won't be disappointed.

Every season we have surprises in our top-5, top-10 and top-20 runners. This is almost never by accident, but through hard work by the runners that make those surprising jumps. Be one of those guys. Work hard, improve, and surprise your coaches, teammates and even yourself. You can do more than you think. Start today – not tomorrow.

There is a lot of information for you in this packet:

- Summer Running Club Details
- Summer Team Camp Registration

And a more at [edinacrosscountry.com](http://edinacrosscountry.com):

- Mileage Club Plans
- Full Summer Schedule
- Other fun stuff

Also, I encourage you to come to the summer running kickoff meeting on Tuesday, June 15. It will take place from about 6:30 – 7:00 in the foyer of the ECC (outside the main gym facing the track and tennis courts). Coaches and Captains will be there to answer any and all questions.

Let the running begin,

Jamie

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