T-Shirts Awarded at the Start of the Season for the 100, 150, 200, 250, 300, 350 and 400 Mile Clubs. "I refuse to join any club that would have me as a member!" Groucho Marx

## **New Glarus - Monticello Cross Country Summer Running Log 2014**

Keep Track	of Your	Daily	Distance	or Time	(figure 1 mile	every 9 min.	for a jog)
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 1-7							
June 8-14							
June 15-21							
June 22-28							
June 29-July 5							
July 6-12			-				·
July 13-19							
July 20-26							
July 27-Aug 2							
Aug 3-9							
Aug 10-16							
Aug 17		First	Week	of	Official	Practice!	Total Mile