# SneakerSneakerMontgomery Middle School Cross Country

**100 Mile Club 2014**

|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total Mileage for the week | Parent Signature |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| June 21 |  |  |  |  |  |  |  |  |  |
| June 22-28 |  |  |  |  |  |  |  |  |  |
| June 9-July 5 |  |  |  |  |  |  |  |  |  |
| July 6-12 |  |  |  |  |  |  |  |  |  |
| July 13-19 |  |  |  |  |  |  |  |  |  |
| July 20-26 |  |  |  |  |  |  |  |  |  |
| July 27-August 2 |  |  |  |  |  |  |  |  |  |
| August 3-9 |  |  |  |  |  |  |  |  |  |
| August 10-16 |  |  |  |  |  |  |  |  |  |
| August 17-23 |  |  |  |  |  |  |  |  |  |
| August 24-30 |  |  |  |  |  |  |  |  |  |
| August 31-Sept. 3 |  |  |  |  |  |  |  |  |  |
| Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Total Miles for the Summer |  |  |

Each day that you run, write down your mileage on the chart. Leave days that you don’t run blank. At the end of the week, a parent needs to sign off that your mileage is correct. Update your chart each day so you don’t lose track of the days. Have fun!!!