

# 2011 Summer Running Log

## Ashland Boys Cross Country

WEEK 1		Miles	Attendance	Running Total
5-Jun	SUN			
6-Jun	MON			
7-Jun	TUE			
8-Jun	WED			
9-Jun	THUR			
10-Jun	FRI			
11-Jun	SAT			
<b>WEEK TOTAL</b>				

WEEK 5		Miles	Attendance	Running Total
3-Jul	SUN			
4-Jul	MON			
5-Jul	TUE			
6-Jul	WED			
7-Jul	THUR			
8-Jul	FRI			
9-Jul	SAT			
<b>WEEK TOTAL</b>				

WEEK 2		Miles	Attendance	Running Total
12-Jun	SUN			
13-Jun	MON			
14-Jun	TUE			
15-Jun	WED			
16-Jun	THUR			
17-Jun	FRI			
18-Jun	SAT			
<b>WEEK TOTAL</b>				

WEEK 6		Miles	Attendance	Running Total
10-Jul	SUN			
11-Jul	MON			
12-Jul	TUE			
13-Jul	WED			
14-Jul	THUR			
15-Jul	FRI			
16-Jul	SAT			
<b>WEEK TOTAL</b>				

WEEK 3		Miles	Attendance	Running Total
19-Jun	SUN			
20-Jun	MON			
21-Jun	TUE			
22-Jun	WED			
23-Jun	THUR			
24-Jun	FRI			
25-Jun	SAT			
<b>WEEK TOTAL</b>				

WEEK 7		Miles	Attendance	Running Total
17-Jul	SUN			
18-Jul	MON			
19-Jul	TUE			
20-Jul	WED			
21-Jul	THUR			
22-Jul	FRI			
23-Jul	SAT			
<b>WEEK TOTAL</b>				

WEEK 4		Miles	Attendance	Running Total
26-Jun	SUN			
27-Jun	MON			
28-Jun	TUE			
29-Jun	WED			
30-Jun	THUR			
1-Jul	FRI			
2-Jul	SAT			
<b>WEEK TOTAL</b>				

WEEK 8		Miles	Attendance	Running Total
24-Jul	SUN			
25-Jul	MON			
26-Jul	TUE			
27-Jul	WED			
28-Jul	THUR			
29-Jul	FRI			
30-Jul	SAT			
<b>WEEK TOTAL</b>				

WEEK 1-4 TOTAL RUNNING MILES \_\_\_\_\_

WEEK 5-8 TOTAL RUNNING MILES \_\_\_\_\_

Parent Signature \_\_\_\_\_

TOTAL SUMMER RUNNING MILES \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

X = IN ATTENDANCE

VAC = ON VACATION \*OUTSIDE\* OF ASHLAND

BLANK = NOT IN ATTENDANCE, BUT \*IN\* ASHLAND

Relay for Life Mileage (to be added to total) \_\_\_\_\_