

May / June 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	JUNE 1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

July 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE 30	JULY 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Captain's Practice Starts	30	31			

August 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	July 29 Captain's Practice Starts	30 -----	31 -----	1 -----	2 ----->	3
4	5 Captains Practice	6 -----	7 -----	8 -----	9 ----->	10
11	12 Practice Starts	13 -----	14 -----	15 ----->	16 Mileage Forms Due	17

**Melrose Cross Country's 150, 300, and 500 Mile Clubs!**

(1) Record the mileage that you ran each day during the months of summer training in 2024.

(2) On August 16<sup>th</sup>, add up the total mileage on this sheet to determine how far you ran.

(3) Ask a parent or adult guardian to sign the sheet to help verify that you completed the mileage.

(4) Hand the sheet to the cross-country coach by August 16<sup>th</sup> in order to receive a free T-shirt and to get your name on the exclusive list of 150, 300, and 500 Mile Club XC Members!

TOTAL MILEAGE FROM MAY 12 THROUGH AUGUST 16: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

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