Group Run

Monday with Coach Wendling / Erica ~ Meet at Prairie Park at 8AM
Tuesday with Joe / Blake ~ Meet at Meadows Park at 8AM
Wednesday with Keaten ~ Meet at Nature Area (barn) at 8AM
Thursday with Joe ~ Meet at Cup O Joy parking lot at 8AM
GOAL is to ATTEND 3 SESSIONS A WEEK!!!

Summer WEIGHT ROOM

Monday -Thursday
Boys 7:30 / Girls 8:30
GOAL is to ATTEND 2 SESSIONS A WEEK!!!

FAQ about 100 Mile Club

Do we have to do it? No, our goal is for you to get in shape over the summer by running. We will treat you to a T-shirt if you earn 100+ miles.
How do I earn points? Running on your own, Running in races, or Running at our Group Runs. If you run a race you earn 5 points plus the miles you ran. If you run at a morning group run, you get double points for each mile you run.
What are Group Runs? We have older "leaders" that have been out for XC for a few years and know how we do things that will meet in designated spots every weekday at 8am. The leader will suggest a running route and you can run socially or race pace, whichever you are in the mood for. Do not run socially every time because if your goal is to get into shape, you need to push yourself.
What if it is raining out, will we still have a group run? If you have a cell phone, please make sure you are part of our REMIND group and a mass text will go out when we cancel or change a group run.
Can I earn points from soccer, basketball, baseball, softball, biking, etc…? All of these are GREAT ways of staying in shape BUT our 100 mile club is for RUNNING miles.

Cross Country Miles Options!!!!

- Running one mile = 1 mile credit
- Lifting weights at SCHOOL for one hour = 1 mile credit
- Going to a RUNNING camp = 50 mile credits
- Attending GROUP RUNS each mile = 2 mile credits (tell me who was there)
- Running any road race or two events in summer track meets = 5 mile credits + distance
- Getting a new runner out for cross country = 10 mile credits (need proof)
- Running track in 2017 = 10 mile credits

MILE CREDITS MUST BE DOCUMENTED AND INITIALED BY AN ADULT
THESE MUST BE TURNED INTO COACH WENDLING OR COACH BREED BY AUGUST 10TH

1. Start small and end big. Don't start big and end small.
2. Run as many days as possible. There are <u>only</u> 80 days to train before 100 Mile forms are due!!
   - If you average 2 miles per day, you will have run 160 miles by the end of the summer.
   - If you average 3 mile per day, you will have run 240 miles by the end of the summer.
   - If you average 4 miles per day, you will have run 320 miles by the end of the summer
   - If you average 5 miles per day, you will have run 400 miles by the end of the summer.
3. Alternate between an easy day and a hard day ~ for example, run four miles one day and two miles the next day.
4. If you can run with the group, try to find a partner that is similar speed to you. Getting together for a longer run is a great idea!!!
5. Run with good running shoes. (PEAK PERFORMANCE by Hobby Lobby)

FUTURE FALL DATES

August 2nd ~ DV Physicals

August 7th ~ Parent Meeting

August 9th ~ First Cross Country Practice

(Must have physical + all forms turned in)

August 17th ~ Fall Bash

August 18th ~ Media Day

***No group run if it is raining/storming

May/June

Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
FOR EXAMPLE 2 mile group run =4miles RACE Ex.. 5K = 3miles + 5 miles pts =8 total pts. lifted weights @ school = 1 mile	Wendling / Erica 8AM at Prairie Park E ~ 605-205-0200	Joe & Blake 8AM at Meadows Park J 712-212-0989 / B 605-656-1151 first group run....	Keaten 8AM at Nature Area	Joe 8AM at Cup O Joy 712-212-0989		
		RUN ON YOUR OWN... NO GROUP RUNS THIS WEEK... RUN ON YOUR OWN...				
					MMR Rememberance Run Run any distance you choose Siouxland Freedom Park 6PM-10PM $10	
Total Points =13	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2
	Memorial Day NO GROUP RUN	NO GROUP RUN due to Velocity testing Velocity Testing AT Dakota Valley Boys 8am / Girls 9am	GROUP RUNS START TODAY!!!			
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

June

Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

June/July

Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
						MRR Red-White-Blue Mini Marathon $5 ~ members $15 ~ non 8am YMCA
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

July

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
		NO GROUP RUN	No Group Run Happy 4th of July	NO GROUP RUN		
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

July

Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

July/August

Sunday 29	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4
				PHYSICALS at DV tentative date		**MRR Pump N Run 5K Adams Nature Area**
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

Sunday 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
		PARENT'S NIGHT READ FORMS ONLINE Dakota Valley Website HS ~ Athletics Sign sheet saying you read and agree to ALL		**FIRST XC PRACTICE**	***100 Mile Club points are DUE TODAY!!!!!***	
Total Points	Total Points	Total Points	Total Points	Total Points	Total Points	Total Points

August

		MISC Points		August 16th	Friday August 17th	Saturday August 18th
		Track 2018 = 10 pts Previous years of XC (each year +2 pts) Getting someone new out for XC (signature) = 10 pts			ACTIVITY BASH	Media Day
		~~NO LONGER LOG 100 MILE CLUB POINTS ~ PRACTICE MILES DO NOT COUNT~~~~~				
Total Points	Total Points	Total Points			TOTAL MILE PTS.	Total Points