

Cross Country Summer 2009  
Mileage Incentives

Black shirt with ORXC Logo and “500 Summer Miles” on the back

Boys who run 500+ miles between May 24 and August 4 (10 weeks)

\*Must create a spreadsheet log and account for each mile you run

\*Must turn in log on August 6

Black shirt with ORCX Logo and “350 Summer Miles” on the back

Girls who run 350+ miles between May 24 and August 4 (10 weeks)

\*Must create a spreadsheet log and account for each mile you run

\*Must turn in log on August 6

White with black logo and “100” on the back

Freshmen and new runners who run 100+ miles between May 24 and August 4

\*Must create a spreadsheet log and account for each mile you run

\*Must turn in log on August 6

Camp Running

In order to participate in the 2009 ORXC Camp, all returning runners must have run a minimum of 75 miles during the month of July, recorded those miles on a spreadsheet, and turned that spreadsheet in by July 31. All freshmen are exempt from this requirement.