

NEMS XC 100 Mile Club Summer Running 2021



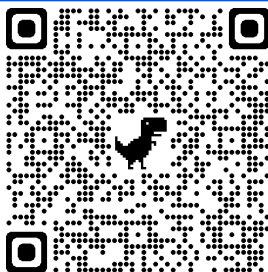
Your coaches this year will be Lathan Stuart (lathan_stuart@nobl.k12.in.us) and coach Sarah Stuart (sarah_stuart@nobl.k12.in.us). Please reach out to us with any questions, we are excited about this season!

This is our **9th** summer for the **100 mile club** which helps to promote summer running. The goal is to reach 100 miles by running in June and July. This averages out to be about 14 miles per week or around 2 miles a day. It doesn't have to be the fastest pace you've ever run, but our motto this summer is ONE DAY BETTER. We want to encourage all runners of all speeds to push themselves and better themselves to be ready for a great 2021 season. We have water bottle stickers ready for those runners willing to accomplish the goal. These "exclusive" stickers are offered *at an affordable price* and only available to those runners that reach the 100 mile goal!! We have a log that you will be able to use during the two months of running to keep track. The log is very easy to fill out and does require the use of the **honor system**. At the end of each day you must have a parent's signature/initial for those miles to count! **Be honest**, we are always able to quickly tell when the season starts! We are also going to help make some of those miles pretty easy to stay motivated for by offering team running opportunities in the morning throughout June and July. Please see the times dates below!!

6/8 Tue - Forest Park 8:30-9:30 am
6/9 Wed – Potters Bridge 8:30- 9:30 am
6/15 Tue – Forest Park 8:30-9:30 am
6/16 Wed – Potters Bridge 8:30-9:30 am
6/22 Tue – Forest Park 8:30-9:30 am
6/23 Wed – Potters Bridge 8:30-9:30 am
6/29 Tue – Forest Park 8:30-9:30 am
6/30 Wed – Potters Bridge 8:30-9:30 am

7/6 Tue – Forest Park 8:30-9:30 am
7/7 Wed – Potters Bridge 8:30-9:30 am
7/13 Tue – Forest Park 8:30-9:30 am
7/14 Wed – Potters Bridge 8:30-9:30 am
7/20 Tue – Forest Park 8:30-9:30 am
7/21 Wed – Potters Bridge 8:30-9:30 am
7/27 Tue – Forest Park 8:30-9:30 am
7/28 Wed – Potters Bridge 8:30-9:30 am

SUMMER RUNNING LOG



Please sign up for Remind: Remind is a notification service. You need to join this in order to receive communications from coaches, including if summer runs are cancelled. All runners and guardians are encouraged to sign up for this service.

Text this phone number: 81010. Send this code: @nemsxc2021

THANK YOU, AND WE LOOK FORWARD TO THE 2021 SEASON! ONE DAY BETTER!