

## Logging Your Summer Mileage

You will need to keep track of how many miles you run over the summer, so this year we are going to try [www.running2win.com](http://www.running2win.com). Once on the site, you will need to search for the team St. Joseph Cross Country (MI) ID number: T-143280151607-05. You will need to send a request to join the team. Once approved, you will be able to log all of your summer miles online and I will be able to check them on the website.

## Summer Running Camps

University of Michigan Cross Country Camp: July 29th- August 1st, 2018

More info can be found at <https://camps.mgoblue.com/track/cross-country-camp.php>

Michigan State Track and Field Camp: July 8 -11, 2018

[www.sportscamps.msu.edu](http://www.sportscamps.msu.edu)

University of Notre Dame Cross Country Camp: July 2018

Grand Valley State Cross Country Camp: July 15 – 19, 2018

<http://www.grandvalleystatecrosscountrycamps.com/cross-country-camp.cfm>