

TEENS RUN DC

RUNNING LOG

	DATE	COURSE	TIME	DIST	NOTES/COMMENTS
SU					
M					
T					
W					
T					
F					
SA	1/14			6	
WK No: 18		TOTAL			
		WEEKLY AVERAGE			
		YEAR TO DATE			
SU	1/15				
M	1/16				
T	1/17				
W	1/18				
T	1/19				
F	1/20				
SA	1/21			7	
WK No: 19		TOTAL			
		WEEKLY AVERAGE			
		YEAR TO DATE			

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	DATE	COURSE	TIME	DIST	NOTES/COMMENTS
SU	1/22				
M	1/23				
T	1/24				
W	1/25				
T	1/26				
F	1/27				
SA	1/28	MENTOR COFFEE		6	
WK No: 20		TOTAL			
		WEEKLY AVERAGE			
		YEAR TO DATE			
SU	1/29				
M	1/30				
T	1/31				
W	2/1				
T	2/2				
F	2/3				
SA	2/4			8	
WK No: 21		TOTAL			
		WEEKLY AVERAGE			
		YEAR TO DATE			

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	DATE	COURSE	TIME	DIST	NOTES/COMMENTS
SU	2/5				
M	2/6				
T	2/7				
W	2/8				
T	2/9				
F	2/10				
SA	2/11			6	
WK No:		TOTAL			
		WEEKLY AVERAGE			
		YEAR TO DATE			
SU	2/12				
M	2/13				
T	2/14				
W	2/15				
T	2/16				
F	2/17				
SA	2/18	PRESIDENT'S WEEKEND		9	
WK No:		TOTAL			
		WEEKLY AVERAGE			
		YEAR TO DATE			

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	DATE	COURSE	TIME	DIST	NOTES/COMMENTS
SU	2/19				
M	2/20				
T	2/21				
W	2/22				
T	2/23				
F	2/24				
SA	2/25	MENTOR COFFEE		6	
WK No:			TOTAL		
			WEEKLY AVERAGE		
			YEAR TO DATE		
SU	2/26				
M	2/27				
T	2/28				
W	2/29				
T	3/1				
F	3/2				
SA	3/3			8	
WK No:			TOTAL		
			WEEKLY AVERAGE		
			YEAR TO DATE		

TEENS RUN DC

RUNNING LOG

	DATE	COURSE	TIME	DIST	NOTES/COMMENTS
SU	3/4				
M	3/5				
T	3/6				
W	3/7				
T	3/8				
F	3/9				
SA	3/10			0	
WK No: TOTAL					
WEEKLY AVERAGE					
YEAR TO DATE					
SU	3/11	ST. PATRICK'S DAY 8K		5	
M	3/12				
T	3/13				
W	3/14				
T	3/15				
F	3/16				
SA	3/17			9	
WK No: TOTAL					
WEEKLY AVERAGE					
YEAR TO DATE					

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	DATE	COURSE	TIME	DIST	NOTES/COMMENTS
SU	3/18				
M	3/19				
T	3/20				
W	3/21				
T	3/22				
F	3/23				
SA	3/24	MENTOR COFFEE		6	
WK No:			TOTAL		
			WEEKLY AVERAGE		
			YEAR TO DATE		
SU	3/25				
M	3/26				
T	3/27				
W	3/28				
T	3/29				
F	3/30	POTLUCK DINNER			
SA	3/31			0	
WK No:			TOTAL		
			WEEKLY AVERAGE		
			YEAR TO DATE		

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	DATE	COURSE	TIME	DIST	NOTES/COMMENTS
SU	4/1	CHERRY BLOSSOM TEN MILER		10	
M					
T					
W					
T					
F					
SA					
WK No: TOTAL					
WEEKLY AVERAGE					
YEAR TO DATE					
SU					
M					
T					
W					
T					
F					
SA					
WK No: TOTAL					
WEEKLY AVERAGE					
YEAR TO DATE					

TEENS RUN DC

RUNNING LOG

	DATE	COURSE	TIME	DIST	NOTES/COMMENTS
SU					
M					
T					
W					
T					
F					
SA					
WK No:			TOTAL		
			WEEKLY AVERAGE		
			YEAR TO DATE		
SU					
M					
T					
W					
T					
F					
SA					
WK No:			TOTAL		
			WEEKLY AVERAGE		
			YEAR TO DATE		