

Athlete's
Name _____

<p>Olentangy Girls Cross Country Summer Running Log</p>

Date	Distance (miles)	Date	Distance (miles)	Date	Distance (miles)
1-May		1-Jun		1-Jul	
2-May		2-Jun		2-Jul	
3-May		3-Jun		3-Jul	
4-May		4-Jun		4-Jul	
5-May		5-Jun		5-Jul	
6-May		6-Jun		6-Jul	
7-May		7-Jun		7-Jul	
8-May		8-Jun		8-Jul	
9-May		9-Jun		9-Jul	
10-May		10-Jun		10-Jul	
11-May		11-Jun		11-Jul	
12-May		12-Jun		12-Jul	
13-May		13-Jun		13-Jul	
14-May		14-Jun		14-Jul	
15-May		15-Jun		15-Jul	
16-May		16-Jun		16-Jul	
17-May		17-Jun		17-Jul	
18-May		18-Jun		18-Jul	
19-May		19-Jun		19-Jul	
20-May		20-Jun		20-Jul	
21-May		21-Jun		21-Jul	
22-May		22-Jun		22-Jul	
23-May		23-Jun		23-Jul	
24-May		24-Jun		24-Jul	
25-May		25-Jun		25-Jul	
26-May		26-Jun		26-Jul	
27-May		27-Jun		27-Jul	
28-May		28-Jun		28-Jul	
29-May		29-Jun		29-Jul	
30-May		30-Jun		30-Jul	
31-May				31-Jul	
May Total		June Total		July Total	

<p>Total # of miles:</p>
