

TIPPECANOE



Summer Running Program

Dates: June 3rd -July 29th

Locations: Kyle Park, Charleston Falls, Tadmor

Camping Trip Qualifications

*Athletes will earn the right to attend the camping trip by earning points through various incentives as well as tags for necklaces.

*You need **125** total points to participate in the camping trip

Summer Point System

1) Summer Mileage- 50% of mileage must be run with the team to qualify. Special circumstances will be considered by coaching staff.	
50 Miles in 8 weeks	15 Points
75 Miles in 8 weeks	25 Points
100 Miles in 8 weeks	50 Points
200 Miles in 8 weeks	75 Points
300 Miles in 8 weeks	100 Points
400 Miles in 8 weeks	125 Points
1) Volunteer to help at Hermes	5 per session
2) Race a summer road race	15 Points
3) Run a team scheduled breakfast run	5 Pts. Apiece
4) Participate (run) in the Runathon	10 Points
Bonus= logging over 10 miles	10=5 Points, 15=10 Points
5) Collect \$50 in sponsors for Runathon	10 Points
6) Effort Points *may be handed out to reward outstanding work ethics during summer training (runs, core workouts) *pestering the coaching staff and the use of sarcasm to obtain points will result in loss of points	1 Point
7) Maintain an updated training log without being reminded.	10 Points
8) Attend Can't Stop Running Camp	40 Points
9) Fitness Test/Time Trial	10-20 points
10) Complete goal sheet	5 points