



The high school team uses running2win.com. You need to create an account and request to join the high school team online. Here are the instructions:

Go to [www.running2win.com](http://www.running2win.com)

Find the login box and click on register me.

Fill out the registration form.

Once you've registered and created your username and password, you need to join the team.

Highlight the teams and groups text on the menu bar.

Click on join a team.

**Enter the following as the team ID: T-38774113504-22**

Click on Submit Request

This is an online training log. As you run over the summer, you need to track the amount of miles you run.