

VIPER XC MEETING

MAY 14, 2013

- I. Welcome & Sign In
- II. Philosophy & Team Building
- III. Abs Diet & "Sticky Stuff"
- IV. Summer Work-Out Schedule
- V. Mileage Club & Log
- VI. Important Dates & Camp
- VII. Luke's Locker: Jody Broccoli

SUMMER WORK-OUTS

JUNE & JULY

- *Base building starts with team on June 2nd at Barton Springs.
- *All practices 6:30 a.m. – 8:00 a.m.
- *Sunday Long Run: Alternate Barton Springs Swim & Bridge (Maudie's)
- *Every other Wednesday – Tempo/Benchmark Run (See Calendar)

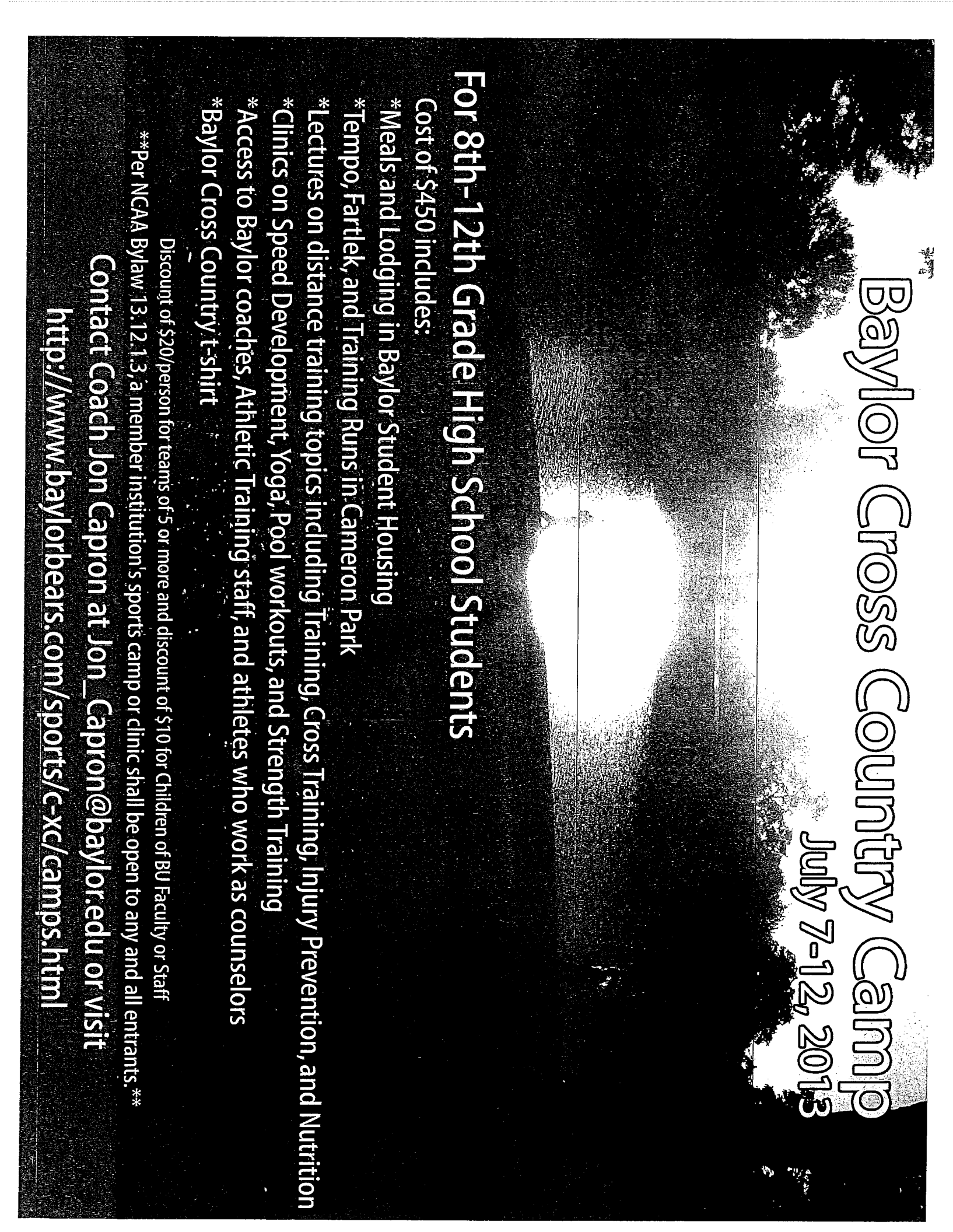
Wednesday Practices

- *June 12th – RP Woodlands Park July 10th – RP Woodlands Park
- *June 26th - Brushy Creek July 24th - Brushy Creek

IMPORTANT!

- *June 15th – Vern's \$1 - 5K
- *July 7th-12th - Baylor XC Camp
- *July 13th – Vern's \$1 - 5K
- *July 29th – August 1st - Viper XC Camp
- *August 5th – First Day of official practice at 6:30 a.m.
- *August 10th – Luke's Locker Shoe Sizing 11-2!
- *August 24th – Rouse Dual & Pool Party

??? – Coach Helm: (972) 841-1576 or e-mail: kevin.helm@leanderisd.org



Baylor Cross Country Camp

July 7-12, 2013

For 8th-12th Grade High School Students

Cost of \$450 includes:

- *Meals and Lodging in Baylor Student Housing
- *Tempo, Fartlek, and Training Runs in Cameron Park
- *Lectures on distance training topics including Training, Cross Training, Injury Prevention, and Nutrition
- *Clinics on Speed Development, Yoga, Pool workouts, and Strength Training
- *Access to Baylor coaches, Athletic Training staff, and athletes who work as counselors
- *Baylor Cross Country t-shirt

Discount of \$20/person for teams of 5 or more and discount of \$10 for Children of BU Faculty or Staff

**Per NCAA Bylaw 13.12.1.3, a member institution's sports camp or clinic shall be open to any and all entrants. **

Contact Coach Jon Capron at Jon_Capron@baylor.edu or visit

<http://www.baylorbears.com/sports/c-xc/camps.html>

WHAT TYPE OF A RUNNER ARE YOU?

What type of runner are you? -- What type of runner would you like to become?

•Poor Runners...

Make up phony excuses to slow down. Are convinced they can not do it and never will. Seldom find anything positive to say about running. Will say things such as: "I'll never be any good.", "I just can't run.", "I wish I didn't have practice.", "I give up!"

•Fair Runners...

Hope things will happen so they have an excuse to slow down. Question themselves as to whether they can do it or not. Sometimes notice good things about being a runner. Will say such things such as: "I wish I could be a better runner.", "I wish practice wasn't so hard.", "I wish I could keep up with her/him."

•Good Runners...

Accept things that happen which cause them to slow down. Think they can do it but don't always follow through with it. Enjoy being a runner most of the time. Will say things such as: "How come I can't be that good?", "This practice is not my favorite, but I need it to improve.", "I want to be a better runner."

•Excellent Runners...

Challenge things which would have caused them to slow down. Know they can do it and have the confidence to support themselves. Are proud to be a cross country runner. Will say things such as: "What do I need to be working harder at to become better?", "I want to have this practice because I know that it will make me better.", "I know that there are some things I need to improve on and I'm willing to sacrifice time and some pain to achieve them."

•Elite Runners...

Never allow pain or lack of confidence to slow them down. Know they can accomplish more and work towards that goal. Are excited about running and the possibilities that lie ahead. Will say things such as: "I expect to beat the best because I have more desire.", "No one can stop me from achieving my dreams and goals.", "They have to catch me first to prove they are faster.", "Any failures I have are only stepping stones to future successes.", "I always give 100%!"

•Questions to ask yourself...

- Do I want to sacrifice enough to become a better runner?
- What qualities do I need to improve upon?
- Am I being honest with myself about my desire to improve?
- Do I limit myself by not thinking positive thoughts?

WINNERS and LOSERS

Pat Carrigan
Van Vleck High School

A Winner says, "Let's find out;
A loser says, "Nobody knows."

A Winner makes a mistake and says, "I was wrong."

A loser makes a mistake and says, "It wasn't my fault."

A Winner credits his "good luck" for winning even though it isn't good luck.

A loser blames his "bad luck" for losing even though it isn't bad luck.

A Winner knows how and when to say "yes" and "no".

A loser says "yes, but" and "perhaps not" at the wrong times for the wrong reasons.

A Winner isn't nearly as afraid of losing
As a loser is secretly afraid of winning.

A Winner works harder than a loser, and has more time.

A loser is always too busy to do what is necessary.

A Winner goes through a problem.

A loser goes around it, and never gets past it.

A Winner says he's sorry by making up for it.

A loser says, "I am sorry" but does the same thing the next time.

A Winner knows what to fight for, and what to

compromise on

A loser compromises on what he shouldn't and fights for what isn't worth fighting about.

A Winner says, "I'm good, but not as good as I ought to be."

A loser says, "I'm not as bad as a lot of other people."

A Winner listens.

A loser just waits until it is his turn to talk.

A Winner would rather be admired than liked, although he would prefer both.

A loser would rather be liked than admired, and is willing to pay the price of contempt for it.

A Winner feels strong enough to be gentle.

A loser is never gentle, he is either weak or pettily tyrannous by turns.

A Winner respects those who are superior to him, and tries to learn something from them.

A loser resents those who are superior to him, and tries to find chinks in their armor.

A Winner says, "There ought to be a better way to do it."

A loser says, "That's the way it's always been done."

A Winner paces himself.

A loser has only two speeds - hysterical and lethargic.



LIZ REAP

This is the key—concern. Are you concerned about the people you train and race with? Can they sense it, or do they sense something else?

Lack of concern can show up in many ways. At a certain point, seemingly harmless kidding can become cutting. Even encouragement can sound like criticism, as in, "Don't let him beat you!" In addition, even the normal, healthy competitiveness of team members trying to improve can become destructive.

"There's plenty of competition against the other teams without creating more among our own runners," says Wes Player, girls coach at Mead High School in Spokane, Washington. "If two girls on the same team are trying to beat each other in every race, it can wear them out emotionally."

This is probably the trickiest part of being a good teammate. You have to try to move yourself up in team standing. But you also have to support your teammates' efforts to do the same thing.

"Your closest teammate might also be your most heated rival," says Brewer. "As long as the runners remember that they are on the same team, that they have common opponents, and that they should save their racing for meets, situations such as this can elevate their training and improve competition."

So when you beat a teammate in a race, how do you react? Do you gloat? If so, you're sending a negative,

self-centered message. Even overreacting to a bad race you've just run—sitting by yourself, moping, crying—can be interpreted as not caring about how the rest of the team has preformed.

Clearly, there are things a runner does, intentionally or not, that disrupt team cohesion. And there are also things a runner doesn't do that can cause problems: not trying, showing up late, skipping team-building activities, and ignoring the coach's instructions.

Do you remember, in good times and bad, to support your training partners? If you lose a varsity spot, or if you're injured and can't compete, do you still show up to cheer for the team? If you know someone has had a bad race, do you call, write a note, or send a gift to let him or her know that you care?

Working together as a team is what makes sports so much fun, and we know it helps improve performance. Just ask Alan Webb's coach.

"Alan always wanted to be part of relays, team championships, stuff like that," says Coach Raczeko. "I think it energized his teammates to know that a runner of his caliber, who has had so much success individually, would put all that aside to be with them."

And you know what? Being a team member didn't seem to hurt Alan Webb's mile times at all.

RW senior writer Don Kardong placed fourth in the 1976 Olympic Marathon.

A GOOD Teammate...

- Makes newcomers feel welcome
- Cheers other runners
- Attends team functions and social events
- Accepts the coach's decisions
- Sends a note or gift to an upset teammate
- Develops team T-shirts, cheers, songs
- Joins group warmups, stretches, and cooldowns
- Shows interest in teammates' problems
- Organizes group runs during the off-season
- Sets a good example of right and wrong
- Is a friend

A BAD Teammate...

- Disses team members
- Gloats after a good race
- Skips workouts, team warmups, group stretches
- Is overly competitive with others on the team
- Is absorbed by own performance
- Runs ahead or behind during a designated group run
- Goofts off when the coach is not around
- Arrives late or leaves early from practice or races
- Undermines the coach's authority
- Makes excuses
- Mostly runs alone —D.K.

STATE OF MIND

If you think you can, you can
If you think you can't, you won't
If you think you'd like to win, but think you can't
Then it's almost a cinch that you won't;
For out in the world you'll find, success begins with you will
IT'S ALL IN A STATE OF MIND!

For many a race is lost before a step is ever run
And many a coward fails before his work is ever begun.
Think big and your deeds will grow; think small and you'll fall behind.
Think that you can and you will.....IT'S ALL IN A STATE OF MIND!

If you think you are outclassed, you are
You've got to think high to rise
You've got to be sure of yourself before you can win the prize!
Life's battles always go to the stronger or faster man,
But sooner or later the person who wins is the person who thinks he can!
IT'S ALL IN A STATE OF MIND!

ABS DIET POWER 12

by David Zinczenko (Men's Health)

Number of meals: six a day, spaced relatively evenly throughout the day. Eat snacks 2 hours before larger meals.

Almonds and other nuts

Beans and legumes

Spinach and other green vegetables

Dairy (fat-free or low-fat milk, yogurt, cheese)

Intant oatmeal (unsweetened, unflavored)

Eggs

Turkey and other lean meats

Peanut butter

Olive oil

Whole-grain breads and cereals

Extra-protein (whey) powder

Raspberries and other berries

Secret Weapons	These nutrients will help power up your natural fat burners, protect you from illness and injury, and keep you lean for life!
Nutritional ingredients to emphasize	Protein, monounsaturated and polyunsaturated fats, fiber, calcium.
Nutritional ingredients to limit	Refined carbohydrates, saturated fats, trans fats, high-fructose corn syrup.
Alcohol	Limit yourself to two or three drinks per week, to maximize the Abs Diet plan.
Ultimate power food	Smoothies. The combination of the calcium and protein in milk, yogurt, and whey powder, combined with the fiber in oatmeal and fruit, makes them one of the more filling and easy options. Drink them regularly.
Cheating	One meal a week, eat anything you want.
Exercise Program	Slowly incorporate a 20-minute, full-body workout 3 days a week. Emphasis on strength training, brisk walking, and abs.

brands have nothing added to them, so they are more nutritious and "better for you" than the commercial brands.

This simply is not true, says Kearney. "There is the same amount of protein, carbohydrate, fiber, and unsaturated fat in the commercial brand as in the all-natural brands," says Kearney. "And the amount of saturated fat that is added to make the commercial brands easier to spread is negligible. In fact, it's less than .0001 of a gram in a 2-tablespoon serving."

So make taste your guide when deciding which peanut butter to buy.

Why It's So Good for Runners

Peanut butter provides a feeling of fullness much longer after you've eaten than if you'd munched on carbohydrates in the form of, say, pretzels, a candy bar, or even a banana. And that feeling of fullness can help you finish that last set of repeat 400s on the track or power you to the finish line during the last mile of a cross-country 5-K.

"Straight sugar or any simple sugar found in carbohydrates shoots your insulin levels high soon after you eat, but then drops them to the floor halfway through your workout," says Kearney. "Peanut butter, on the other hand, is full of fat, protein, and fiber, and it gives you a slow, sustained release of energy." It does contain fat, but it is overwhelmingly the preferred unsaturated fat, which makes peanut butter good for your heart.

Studies show that diets high in unsaturated fats lower bad cholesterol and generally make the heart a much healthier machine. And as a good source of protein, it's a primary building block in muscle growth and helps speed muscle recovery. A 2-tablespoon serving of peanut butter contains 8 grams of protein, or roughly the same amount of protein found in four slices of bologna or 1½ ounces of turkey.

Peanut butter also is a good source of niacin and folic acid (they help convert food to energy) and vitamin E. In addition, the dense calories in peanut butter keep your energy level on an even keel and your hunger down throughout the day. And that, in turn, will prevent you from overeating and keep you eating healthfully all day.

Dave Kuehls is a senior writer for RUNNER'S WORLD magazine.

How to Eat the Sticky Stuff

Peanut butter is a flexible food. You can eat it at most times of the day (dinner may be stretching it, but bear with us). The following are some quick and easy ways to devour peanut butter all day long.

BREAKFAST

Peanut butter on toast, bagels, English muffins, pancakes.

Breakfast is perhaps the best time to eat peanut butter because its filling effects will carry you through the day. A glass of cold milk is the perfect companion to peanut butter any time. Not only does milk help keep the peanut butter off the roof of your mouth, but it also adds calcium and more protein to your diet.

LUNCH—Peanut butter and jelly sandwiches. Though PB & J might be a little too "elementary school" for you, it's a perfect runner's lunch. It will control your appetite and you won't eat too much at lunch or during your prepractice snack. Consequently, you won't be weighed down at practice, unlike your peers who had pizza and chips.

Jelly, by the way, is a great accompaniment to peanut butter. It strikes the right balance between sticky and sweet, and it tends to negate the roof-of-the-mouth syndrome. If jelly's not to your taste, try honey.

Clark also suggests adding granola or sunflower seeds to the peanut butter and then making a sandwich.

DINNER—Spicy noodles with peanut butter. Clark's recipe calls for:

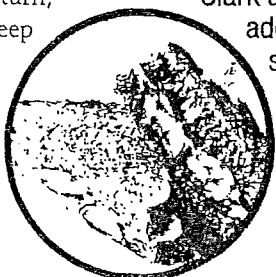
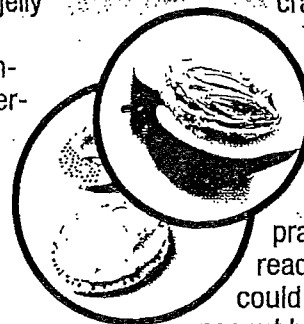
- 8 oz. pasta
- ½ cup chunky peanut butter
- 3 Tbs. soy sauce
- 3 Tbs. vinegar
- 1 Tbs. sugar
- 1-2 pinches cayenne pepper powder

While the pasta cooks, mix the other ingredients in a small bowl. When the pasta is done, pour the mixture on it, toss together, and serve. You can also add some lightly steamed green pepper strips, snow peas, and chopped scallions, if you desire.

SNACKS—Peanut butter on crackers, an apple, or banana. The great thing about peanut butter is that it doesn't spoil. You can pack a snack of peanut butter on

crackers in the morning and not worry about it going bad all day, and then eat it an hour before practice to get ready to run. Or you could carry a jar of peanut butter in your school backpack. That, and an apple or banana and a knife, and you have the makings of a healthful runner's snack.

DESSERT—Peanut butter on ice cream. (No kidding.) "Just dab a couple of spoonfuls on top and zap it in the microwave," says Kearney. "This will turn ice cream into a healthier dessert." —D.K.



VIPER CROSS-COUNTRY

◀ June		~ June 2013 ~					August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
2 Long Run/ Swim 60 min. or 8 mi. Easy Barton Springs	3 4-6 @ 60% Tempo Grass/Trail	4 6 miler Runner's Choice	5 6 @ 80% Hilly SS Grass/Trail	6 Fartlek 20 1 min. on 2 min. off for 20 min.	7 Rest / Easy	8 6-8 @ 60% Steady State	
9 Long Run/ Eat 60 min. or 8 mi. Easy Mopac Bridge	10 4-6 @ 60% Tempo Grass/Trail	11 6 miler Runner's Choice	12 6 @ 80% Tempo RP Wood	13 Fartlek 20 1 min. on 2 min. off for 20 min.	14 Rest / Easy	15 6-8 @ 60% Steady State Vern's 5K	
16 Long Run/ Swim 70 min. or 9 mi. Easy Barton Springs	17 4-6 @ 60% Tempo Grass/Trail	18 6 miler Runner's Choice	19 6 @ 80% Hilly SS Grass/Trail	20 Fartlek 20 1 min. on 2 min. off for 20 min.	21 Rest / Easy	22 6-8 @ 60% Steady State	
23 Long Run/ Eat 70 min. or 9 mi. Easy Mopac Bridge	24 4-6 @ 60% Tempo Grass/Trail	25 6 miler Runner's Choice	26 6 @ 80% Tempo Brushy Cr.	27 Fartlek 20 1 min. on 2 min. off for 20 min.	28 Rest / Easy	29 6-8 @ 60% Steady State	
30 Long Run/ Swim 80 min. or 10 mi. Easy Barton Springs			Notes: Continue Phase I – Base Building Range Beginner: 15 – 25 weekly Intermediate: 25 – 35 weekly Advanced: 35 – 45 weekly Advanced High: 45 – 60 weekly				

- Run with a buddy or a group! The summer is on your own, so keep track of your log.
- Stay within your range of mileage! I will work with you on range and effort.
- The long run is a moderate work out that is more about time than speed or distance. Work up to a 60 min. long run if you are not there yet. SS is a steady state run.
- Include 10 min. easy before and after the fartlek work out to increase your mileage.
- Run on trail or track at least 2-3 days a week. Lessen pounding on the pavement.
- Of course, run as early as possible with a buddy, and stay hydrated!
- Rest on Friday! If you need to add miles on Friday, then GO EASY! :)

VIPER CROSS-COUNTRY

◀ June	~ July 2013 ~						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 4-6 @ 60% Tempo Grass/Trail	2 6 miler Runner's Choice	3 6 @ 80% Tempo Grass/Trail	4 Fartlek 20 1 min. on 2 min. off for 20 min.	5 Rest / Easy	6 6-8 @ 60% Steady State	
7 Long Run/ Eat 60 min. or 8 mi. Easy Mopac Bridge	8 4-6 @ 60% Tempo Grass/Trail	9 6 miler Runner's Choice	10 6 @ 80% Tempo RP Wood	11 Fartlek 20 1 min. on 2 min. off for 20 min.	12 Rest / Easy	13 6-8 @ 60% Steady State Vern's 5K	
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28 Long Run/ Swim 80 min. or 10 mi. Easy Barton Springs	29 4-6 @ 60% Tempo Grass/Trail	30 6 miler Runner's Choice	31 6 @ 80% Tempo	Note: Baylor XC Camp 7/7- 7/12 Viper XC Camp 7/29- 8/1			

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- Stay within your range of mileage! I will work with you on range and effort.
- The long run is a moderate work out that is more about time than speed or distance. Work up to a 60 min. long run if you are not there yet. SS is a steady state run.
- Include 10 min. easy before and after the fartlek work out to increase your mileage.
- Run on trail or track at least 2-3 days a week. Lessen pounding on the pavement.
- Of course, run as early as possible with a buddy, and stay hydrated!
- Rest on Friday! If you need to add miles on Friday, then GO EASY! :))

CROSS-COUNTRY

2013 SUMMER BASE BUILDING

Work-out Schedule: June 2nd – August 10th (Use Running Log)

Split your running up by doing a.m. and p.m. running!

BEGINNER: GIRLS

<u>WEEK</u>	<u>WEEKLY TOTAL</u>	<u>MILEAGE</u> (Su.-Sat.)
		Su. Mo. Tu. W T F S
6/2-6/8	7	rest 2 rest 2 1 1 1
6/9-6/15	9	rest 2 rest 2 1 1 3
6/16-6/22	7	rest 2 rest 2 1 1 1
6/23-6/29	11	rest 3 rest 2 2 1 3
6/30-7/6	13	rest 3 rest 3 2 2 3
7/7-7/13	9	rest 2 rest 2 1 1 3
7/14-7/20	15	rest 3 rest 3 3 3 3
7/21-7/27	17	rest 4 rest 3 3 3 4
7/28-8/3	15	rest 3 rest 3 3 3 3
8/4-8/10	17	rest 4 rest 3 3 3 4

BEGINNER: BOYS

<u>WEEK</u>	<u>WEEKLY TOTAL</u>	<u>MILEAGE</u> (Su.-Sat.)
		Su. M Tu. W T F S
6/2-6/8	13	rest 3 rest 3 2 2 3
6/9-6/15	15	rest 3 rest 3 3 3 3
6/16-6/22	13	rest 3 rest 3 2 2 3
6/23-6/29	17	rest 4 rest 3 3 3 4
6/30-7/6	19	rest 4 2 3 3 3 4
7/7-7/13	15	rest 3 rest 3 3 3 3
7/14-7/20	21	rest 5 3 2 4 3 4
7/21-7/27	23	rest 5 4 3 4 3 4
7/28-8/3	21	rest 5 3 2 4 3 4
8/4-8/10	23	rest 5 4 3 4 3 4

Split your running up by doing a.m. and p.m. running!

INTERMEDIATE: GIRLS

<u>WEEK</u>	<u>WEEKLY TOTAL</u>	<u>MILEAGE</u> (Su.-Sat.) Su. M T W T F S
6/2-6/8	23	rest 5 rest 5 4 5 4
6/9-6/15	25	rest 5 rest 5 5 5 5
6/16-6/22	23	rest 5 rest 5 4 4 5
6/23-6/29	27	rest 6 rest 5 5 5 6
6/30-7/6	29	rest 6 4 5 5 4 5
7/7-7/13	25	rest 5 4 4 5 3 4
7/14-7/20	31	rest 7 5 4 5 5 5
7/21-7/27	33	rest 7 6 5 6 5 4
7/28-8/3	31	rest 7 5 4 5 5 5
8/4-8/10	33	rest 7 6 5 6 5 4

INTERMEDIATE: BOYS

<u>WEEK</u>	<u>WEEKLY TOTAL</u>	<u>MILEAGE</u> (Su.-Sat.) Su. M T W T F S
6/2-6/8	28	rest 5 3 4 6 4 6
6/9-6/15	30	rest 4 5 4 5 5 7
6/16-6/22	28	rest 5 3 4 6 4 6
6/23-6/29	33	rest 4 6 5 6 4 8
6/30-7/6	36	rest 5 6 5 7 5 8
7/7-7/13	30	rest 4 5 4 6 6 5
7/14-7/20	38	rest 5 6 7 8 5 7
7/21-7/27	40	rest 6 7 6 8 7 6
7/28-8/3	38	rest 5 6 7 8 5 7
8/4-8/10	40	rest 6 7 6 8 7 6

Note: Keep track of your log by writing down your mileage in the morning and evening. If you are above or below the beginner level listed above, then change your mileage accordingly.

Split your running up by doing a.m. and p.m. running!

ADVANCED: BOYS

<u>WEEK</u>	<u>WEEKLY TOTAL</u>	<u>MILEAGE (Su.-Sat.)</u>
		Su. M T W T F S
6/2-6/8	38	rest 7 5 6 7 5 8
6/9-6/15	40	rest 6 7 6 7 5 9
6/16-6/22	38	rest 5 6 7 8 5 7
6/23-6/29	43	rest 6 8 6 7 6 10
6/30-7/6	46	rest 6 8 7 8 7 10
7/7-7/13	40	rest 6 7 6 8 7 6
7/14-7/20	48	rest 6 7 6 4 8 6 11
7/21-7/27	50	rest 5 8 6 5 8 6 12
7/28-8/3	48	rest 6 7 6 4 8 6 11
8/4-8/10	50	rest 5 8 6 5 8 6 12

ADVANCED: GIRLS

<u>WEEK</u>	<u>WEEKLY TOTAL</u>	<u>MILEAGE (Su.-Sat.)</u>
		Su. M T W T F S
6/2-6/8	28	rest 5 3 4 6 4 6
6/9-6/15	30	rest 4 5 4 5 5 7
6/16-6/22	28	rest 5 3 4 6 4 6
6/23-6/29	33	rest 4 6 5 6 4 8
6/30-7/6	36	rest 5 6 5 7 5 8
7/7-7/13	30	rest 4 5 4 6 6 5
7/14-7/20	38	rest 5 6 7 8 5 7
7/21-7/27	40	rest 6 7 6 8 7 6
7/28-8/3	38	rest 5 6 7 8 5 7
8/4-8/10	40	rest 6 7 6 8 7 6

RUNNING LOG

BASE BUILDING MILEAGE CHART

	6/2	6/3	6/4	6/5	6/6	6/7	6/8	Total
a.m.	_____	_____	_____	_____	_____	_____	_____	_____
p.m.	_____	_____	_____	_____	_____	_____	_____	_____
	6/9	6/10	6/11	6/12	6/13	6/14	6/15	Total
a.m.	_____	_____	_____	_____	_____	_____	_____	_____
p.m.	_____	_____	_____	_____	_____	_____	_____	_____
	6/16	6/17	6/18	6/19	6/20	6/21	6/22	Total
a.m.	_____	_____	_____	_____	_____	_____	_____	_____
p.m.	_____	_____	_____	_____	_____	_____	_____	_____
	6/23	6/24	6/25	6/26	6/27	6/28	6/29	Total
a.m.	_____	_____	_____	_____	_____	_____	_____	_____
p.m.	_____	_____	_____	_____	_____	_____	_____	_____
	6/30	7/1	7/2	7/3	7/4	7/5	7/6	Total
a.m.	_____	_____	_____	_____	_____	_____	_____	_____
p.m.	_____	_____	_____	_____	_____	_____	_____	_____
	7/7	7/8	7/9	7/10	7/11	7/12	7/13	Total
a.m.	_____	_____	_____	_____	_____	_____	_____	_____
p.m.	_____	_____	_____	_____	_____	_____	_____	_____
	7/14	7/15	7/16	7/17	7/18	7/19	7/20	Total
a.m.	_____	_____	_____	_____	_____	_____	_____	_____
p.m.	_____	_____	_____	_____	_____	_____	_____	_____
	7/21	7/22	7/23	7/24	7/25	7/26	7/27	Total
a.m.	_____	_____	_____	_____	_____	_____	_____	_____
p.m.	_____	_____	_____	_____	_____	_____	_____	_____
	7/28	7/29	7/30	7/31	8/1	8/2	8/3	Total
a.m.	_____	_____	_____	_____	_____	_____	_____	_____
p.m.	_____	_____	_____	_____	_____	_____	_____	_____
	8/4	8/5	8/6	8/7	8/8	8/9	8/10	Total
a.m.	_____	_____	_____	_____	_____	_____	_____	_____
p.m.	_____	_____	_____	_____	_____	_____	_____	_____

Overall Total _____ Signature _____

Mileage Club: 150 – Silver 300 – Gold 500 – Elite 600 – Maximus