

Name		Parent Signature					
2008 Cross Country Training							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
					*Western Springs Tower Trot 5K/10K	25	
*Ridge Run Beverly	27	28	29	30	31	June 1	
2	3	4	5	*LaGrange rocks for youth 6	*Run for the Animals Wheaton 5k/10k 7	8	
9	10	Run w/ Coaches 8 AM @ SJC	12	13	*Stroller Strides 5k Brookfield/ Pink Ribbon 5k Palos Heights 14	*Daisy Dash 5k Kids Run Clarendon Hills 15	
16	17	Run w/ Coaches 8 AM @ SJC	19	20	21	*DG 5 Miler *Run for the cops Palos Park 22	
23	24	Run w/ Coaches 8 AM @ SJC	26	27	28	*Beanie Baby 5k Westmont 29	
30 July	1	Run w/ Coaches 8 AM @ SJC	3	*Riverside 4th of July 5K	5	6	
7	8	Run w/ Coaches 8 AM @ SJC	10	11	12	*Turtle's Run Oak Park 13	
14	15	Run w/ Coaches 8 AM @ SJC	Chicago FireFireFighters Run for Kids 5k 17	18	19	*Summer Run 4 Fun 5k Oak Brook 20	
21	22	Run w/ Coaches 8 AM @ SJC	24	25	26	*Elmhurst Run for Hunger 5k 27	
28	29	Run w/ Coaches 8 AM @ SJC	31 August	1	2	3	
4	5	Run w/ Coaches 8 AM @ SJC	7	8	9	10	
11	XCountry Practice	XCountry Practice	XCountry Practice	15	LT fun run @ LTHS South	17	
18	XCountry Practice	XCountry Practice	XCountry Practice	22	23	*Windrunner 10k Wheaton 24	
*For more information on races visit www.cararuns.org					Total Training Mileage		
The Athletic Board wants to promote running for fun and good health.							
To do this, we are inviting all St. John of the Cross students (entering 5th through 8th grade) to run this summer and log their miles. At the end of the summer the students that have participated in the program will return their completed training log. If at that time the student can demonstrate their fitness by completing a practice run, they will be awarded a T-shirt highlighting their accomplishments (50, 75, 100 Mile Club). If there are any questions please call Margie Connelly @ 246-1694							