

Dover XC – 250 Mile Coaches Challenge

This year the Dover XC Coaches are challenging you to run 250 miles over the summer. Attached is a log sheet to log your miles. You must log all miles and have them signed by a parent, coach, or other cross country parent between June 1st and first day of school (August 29th). Coach Shaffer will sign all miles ran at practice. Those who complete the 250 miles over the summer will get a "Cross Country 250 Mile Club T shirt" -

This is the only way to get one of these special shirts.

Look for 250 Mile Coaches Challenge updates on the Dover XC web site.

www.doverxc.com