

2009 Dover XC – 250 Mile Coaches Challenge

This year Coach Sporer and Coach Pfleiger are challenging you to run 250 miles in an 11 week period over the summer. Attached is a log sheet to log your miles. You will be at your honor to accurately fill out your sheet and your parents must sign the log before you turn it in. Everybody that meets the challenge will receive a specially designed 250 Mile Challenge sweatshirt.

We will give you a break by allowing any organized race that you run in this time period count as double miles. Otherwise every mile you run counts as 1 mile.

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

www.doverxc.com