

2019 Turkey Trot Training Log

Log your points here: 1 point per mile on your own (up to 15 per week), 5 points for every official Strider practice you attend (Tuesdays at 5:30 at Maclay Track and Thursdays at 5:45 at Miller Landing Soccer fields), and 10 points per mile you race at an official Strider race (listed below)

Date	Points	Races
		Sickle Cell, 9/14
		Points earned:
		Women's Distance Festival, 9/21
		Points earned:
		Run for Readiness, 10/19
		Points earned:
		Rex Cleveland, 11/3
		Points earned:
		Elementary School CC Championships,
		TBD
		Points earned:
		Turkey Trot 11/28
		Points earned:
		Total Race Points:
	Total training points:	TOTAL: