

Grizzell Middle School

Register for the season and stay updated:
<http://grizzellrunners.weebly.com>

Coach Moshiri - Head Coach
moshiri_mitzi@dublinschools.net



2017 SUMMER RUNNING LOG

NAME _____
Grade _____

Due date: Tuesday, August 1st - First day of practice

9 Week Running Log
1st year runner - Aim for 70-90 miles
2nd year runner - Aim for 115-135 miles

