

Running Log: 8/9/11-12/16/11  
Name: \_\_\_\_\_

MMS CC  
2011-2012

<b>Date</b>	<b>Miles</b>	<b>Notes</b>
Tuesday 9-Aug		
Wednesday 10-Aug		
Thursday 11-Aug		
Friday 12-Aug		
Saturday 13-Aug		
Sunday 14-Aug		
Monday 15-Aug		
Tuesday 16-Aug		
Wednesday 17-Aug		
Thursday 18-Aug		
Friday 19-Aug		
Saturday 20-Aug		
Sunday 21-Aug		
Monday 22-Aug		
Tuesday 23-Aug		
Wednesday 24-Aug		
Thursday 25-Aug		
Friday 26-Aug		
Saturday 27-Aug		
Sunday 28-Aug		
Monday 29-Aug		
Tuesday 30-Aug		
Wednesday 31-Aug		
Thursday 1-Sep		
Friday 2-Sep		
Saturday 3-Sep		
Sunday 4-Sep		
Monday 5-Sep		
Tuesday 6-Sep		
Wednesday 7-Sep		
Thursday 8-Sep		
Friday 9-Sep		
Saturday 10-Sep		
Sunday 11-Sep		
Monday 12-Sep		
Tuesday 13-Sep		
Wednesday 14-Sep		
Thursday 15-Sep		
Friday 16-Sep		
Saturday 17-Sep		
Sunday 18-Sep		
Monday 19-Sep		
Tuesday 20-Sep		
Wednesday 21-Sep		
Thursday 22-Sep		
Friday 23-Sep		
Saturday 24-Sep		
Sunday 25-Sep		

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MMS CC  
2011-2012

<b>Date</b>	<b>Miles</b>	<b>Notes</b>
Monday 26-Sep		
Tuesday 27-Sep		
Wednesday 28-Sep		
Thursday 29-Sep		
Friday 30-Sep		
Saturday 1-Oct		
Sunday 2-Oct		
Monday 3-Oct		
Tuesday 4-Oct		
Wednesday 5-Oct		
Thursday 6-Oct		
Friday 7-Oct		
Saturday 8-Oct		
Sunday 9-Oct		
Monday 10-Oct		
Tuesday 11-Oct		
Wednesday 12-Oct		
Thursday 13-Oct		
Friday 14-Oct		
Saturday 15-Oct		
Sunday 16-Oct		
Monday 17-Oct		
Tuesday 18-Oct		
Wednesday 19-Oct		
Thursday 20-Oct		
Friday 21-Oct		
Saturday 22-Oct		
Sunday 23-Oct		
Monday 24-Oct		
Tuesday 25-Oct		
Wednesday 26-Oct		
Thursday 27-Oct		
Friday 28-Oct		
Saturday 29-Oct		
Sunday 30-Oct		
Monday 31-Oct		
Tuesday 1-Nov		
Wednesday 2-Nov		
Thursday 3-Nov		
Friday 4-Nov		
Saturday 5-Nov		
Sunday 6-Nov		
Monday 7-Nov		
Tuesday 8-Nov		
Wednesday 9-Nov		
Thursday 10-Nov		
Friday 11-Nov		
Saturday 12-Nov		

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MMS CC  
2011-2012

<b>Date</b>	<b>Miles</b>	<b>Notes</b>
Sunday 13-Nov		
Monday 14-Nov		
Tuesday 15-Nov		
Wednesday 16-Nov		
Thursday 17-Nov		
Friday 18-Nov		
Saturday 19-Nov		
Sunday 20-Nov		
Monday 21-Nov		
Tuesday 22-Nov		
Wednesday 23-Nov		
Thursday 24-Nov		
Friday 25-Nov		
Saturday 26-Nov		
Sunday 27-Nov		
Monday 28-Nov		
Tuesday 29-Nov		
Wednesday 30-Nov		
Thursday 1-Dec		
Friday 2-Dec		
Saturday 3-Dec		
Sunday 4-Dec		
Monday 5-Dec		
Tuesday 6-Dec		
Wednesday 7-Dec		
Thursday 8-Dec		
Friday 9-Dec		
Saturday 10-Dec		
Sunday 11-Dec		
Monday 12-Dec		
Tuesday 13-Dec		
Wednesday 14-Dec		
Thursday 15-Dec		
Friday 16-Dec		