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| Date | Initials | 1 | 2 | 3 | 4 | Description  |
| Girls Track 40 Week Challenge: 300 mile club/ 500 mile club |  |  |  |  |  |
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| **“To give anything less than your best is to sacrifice the gift.”** |  |  |  |  |  |
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**Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.**

**-- T. Alan Armstrong**

