



What Is Needed?

1. Physical – you will need to have one turned in to CHS or Coach Dobson before the first practice on Monday, August 10th.
2. Eligibility Form – you will need to have one to Coach Dobson by August 10th.
3. Emergency Medical Form – you will need to have one to Coach Dobson by August 10th.
4. Pay to Participate - \$120 will be billed to your home via mail.
5. Running Shoes – I will have a local running shoe company (Up and Running) available to fit you in appropriate shoes.
6. Sports Watch – most of the runs are timed runs and a watch is needed everyday. (Encouraged all summer long, needed by August 10th)
7. Two 3 lb. dumbbell weights (Encouraged all summer long, needed by August 10th)
8. Positive Attitude – 90% of your success in distance running and life truly comes from how you react to situations with your attitude.