Top 10 reasons to train during the summer.

• 10. Gives you an excuse to see your teammates.
• 9. What’s the point of being a Clear Lake / White Pass camper if you don’t run the other days.
• 8. Certainly better use of time compared to watching Youtube videos.
• 7. Excuse to get out of doing chores for your parents.
• 6. Helps with creating a really cool looking sock tan line.
• 5. Not much else to do in the Valley on some of the days.
• 4. Increases the chances of staying healthy for the whole season.
• 3. Increases the chances of meeting the Sunfair qualification before the Bellevue Invite.
• 2. We return a lot of top runners. Making the District squad will not be easy.
• 1. Because only doing drills and sets every day would get boring.