

Orange Crush Running Club- Your Mileage Record and Statistics- *Doing what other's don't, won't and can't do!*

Day	Date	Weather	Primary Run Type	Distance of Primary Run	Total Time	Pace per Mile (PPM)	Warm Up/Cool Down	Morning (AM)	Aftrenoon (PM)	Total for Day	Total for this Week	Total for this Month	Total for this Season	Total for this Year	Total for Career	Continous Days	Positive Thoughts	Other Thoughts	
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