

ZBXC
The Top Ten
@ Shiloh Woods

WOMEN-3 miles

1.	Bailey Lippeth	18:45	2011
2.	Kelsey Hamilton	19:16	2018
3.	Kimmy Figueroa	19:36	2013
4.	Zoe Paxton	20:00	2018
5.	Jocelyn Barajas	20:08	2016
6.	Ally Cardenaz	20:10	2013
7.	Alexis Becton	20:17	2012
8.	Lainey Sears	20:19	2015
9.	Taylor Lindblad	20:22	2011
10.	Ana Beck	20:25	2014

MEN— 3 miles

1.	Collin Luell	15:30	2017
2.	Andrew Ntim	15:31	2013
3.	Philip Meyer	15:44	2011
4.	Isaac Murray	15:56	2013
5.	Nate Mosley	16:01	2016
6.	Michael Schonter	16:02	2016
7.	Fredrick Mascarro	16:26	2016
8.	Dakota Burroughs	16:29	2013
9.	Desmond Washington	16:35	2014
10.	Lucas Unze	16:42	2013

Our Goals

- √ To build up a solid mileage base BEFORE the fall cross country season begins (injury prevention)
- √ To build strength, body awareness, and mobility
- √ To increase running efficiency & endurance
- √ To boost team spirit
- √ To help individuals meet their goals (Mile Clubs, make Varsity, improve PR)
- √ To teach athletes the connection between training and character

Questions?

Please do not hesitate to contact
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-OR-
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For additional information:

www.zbxc.org
www.beelinked.org
Twitter: @beelinked
Facebook: Zion-Benton Cross Country and
Distance Crew
Instagram: ZionBentonXC

Summer Endurance Camps: Cross Country and Distance Track 2019



Name: _____
Allergies and/or Previous Injuries: _____
XC Camp: June 17th-July 5th —\$20
Track Distance Camp: July 8th-August 2nd—\$20
Both Sessions—\$40

I hereby request that my child be admitted to Zion-Benton Township High School's Summer Endurance Camp, and authorize the directors or any member of his/her staff to act according to their best judgment in any emergency requiring medical attention for which I will pay all costs. I hereby waive and release the camp from any and all liability for injuries or illness while at camp. This camper is physically fit to participate in all activities.

Parent Signature: _____
Home Phone: _____
Work/Cell Phone: _____

Who should come:

- *Anyone interested in our goals, grades 6-12
- *Athletes from other sports (especially fall) are encouraged to join us
- *Feel free to bring a friend!

When & Where:

Monday-Friday, 7:00 am-9:30 am
Meet @ZBTHS Track (we will practice off campus some days—see www.zbxc.org for locations by week).

Cross Country Camp:

*June 17th— July 5th

Track—Distance Running Camp:

*July 8th—August 2nd

Bee Linked XC Race:

*July 20th @ 8:00 am

Oshkosh Mini-Camp for Top Athletes:

*July 29th—August 4th

***Official ZB Cross-Country practice:
Wednesday, August 12th, 2019 8:00 am***

What you need:

- *A signed permission slip
 - *Camp fee—(cash or checks payable to ZBTHS)
 - *Comfortable running shoes
 - *Water bottle
 - *Running watch (see coach for details)
 - *1-inch binder for your logbook
 - *Appropriate clothing, based on weather
- **We will work out, rain or shine. In case of lightning, we will be indoors.

Are you tough enough for The Mile Club?

THE RULES...

1. Pick a goal: 300, 400, 500, 600+ miles.
2. Miles must be racked up between June 1st and September 8th (100 days) and recorded in your log book.
3. Runners must participate in and complete one road race **prior to Wednesday, August 8th**. The Bee Linked 5K (Saturday, July 20) counts for this requirement. ****You CANNOT run in a race after August 8th if you are on the ZBXC team—you will violate an IHSA rule.****
4. Only running counts toward mileage: warm ups, cool downs and strides are included!

THE REWARDS...

1. The feeling of pride created by reaching a difficult, long-term goal.
2. The sense of bonding produced when sharing common goals with teammates.
3. A way-cool, Mile Club t-shirt.
4. A pizza party if TEN or more people complete the requirements.