**Online Running Log**

We use a free online running log **runningahead.com** for logging the miles we run. All runners on the XC team are required to log their miles weekly both in season and out of season. This helps the coaching staff with helping to train the runners.

**How to create and account:**

* Go to: http://www.runningahead.com
* Click on: Join Now
* Create your account, once the account is created you are on the home page
* Go to top right hand corner and click on: “options”
* Then click on: “My Log Preferences”
* Once on the My Log Preferences page, go to “**training log access**” and click on: **only allow members of my groups to view my log**.
* Click “SAVE”
* Go to community and click on **User groups**: click on find group and type in Marietta High School
* That should give you our group: Marietta High School GA Distance Group
* Password to join the group is: bluedevils . It is case sensitive.

**Logging miles**

* Click on New Run entry
* Then complete drop menu for:
	+ - Activity
		- Workout
		- Distance
		- Duration
		- Equipment ( if set up)
		- Click Save

**Adding equipment**

* Click on New Equipment from tabs at top of screen
* Complete information about shoes
* Click Save

You should now be able to log your miles and your teammates and coaches see them. You should be able to look at others on the team also.

**All new runners without an account**: Once you have created your account email me at bluedevilsxc@gmail.com so that I can verify the account is open for me to view your mileage.

