

How to earn a Varsity Letter:

achieve one or more of the following

- Run under 18:30 (Men) 22:00 (Women) twice during the season
- Run varsity in the MAC, County, Regional or State meet.
- Earn All Conference, All County, All State or are a State Qualifier
- 4 years on the XC team in Good Standing (Service, Leadership, Character, Scholarship)
- Exchange students in Good Standing
- Coach's Decision

How to earn a Toe Token:

achieve one or more of the following

- Qualify for the State Finals
- Perfect attendance during the summer or season
- Run 30, 100 consecutive days
- Be named athlete of the meet
- Complete first 5K
- Set at least 5 Personal Records in one season
- Run in all the races in a season (those you are eligible for)
- Compete in 3 Indoor Track & Field Meets (out of season)
- Compete in 3 road races in the summer or the winter

How to earn a Mileage Club T-shirt:

do both of the following

- Run 250, 375, 500, or 625 miles in the offseason (Summer or Winter)
- Log your miles on paper, computer or GPS watch

