

Mohican Nine Requirements



The Edison Cross Country team will travel to Loudonville for our team camp July 27-30th. During camp the athletes who qualify will complete the Mohican 9 challenge. This is a 9 mile course through the hilly trails of Mohican State Park. In order to prevent injury, athletes must meet the following requirements to participate:

- **June: Average 4 days of running per week.**
- **July: Average 5 days of running per week.**
- **Minimum of 4 Saturday long runs in Collins**
- **At least 4 weekly long runs with a distance of 7 miles or more.**
- **A total of 150 miles must be run and logged into your Strava account. (Join “Edison Cross Country” group in Strava app)**
- **Coaches still have final discretion on who participates in the run.**
(Ex: You may be pulled from run if there is health concerns)

*Runners who qualify and conquer the challenge will get one of the coveted Mohican 9 t-shirts.