

Mohican Nine Requirements



The Edison Cross Country team will travel to Loudonville for our team camp July 31st. During camp the athletes who qualify will complete the Mohican 9 Challenge. 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 that is equivalent to 7 miles per run.
- A total of 150 miles must be run and logged into your Strava account.
- **Coaches still have final discretion on who participates in the run.**