

Suggested Mileage Groups for the 2012-13 Winter Off Season

200 Mile Winter (20-25 miles a week)

Mustin, Hayley
Crellin, Paige
Chavez, Christina
Natalie, Eckhoff
Burrup, Katrina
Thye, Sophia
Lyons, Anne
Parks, Allie
Ehrman, Jillian
Minnihan, Brandon

300 Mile Winter (30 miles a week)

Schwartzkopf, Karlee
Suntken, Abby
Hendren, Abby
Haber Korn, Kenzie
Chambless, Haley
Harris, Jessica
Burgoyne, Sara
Blatchford, Taylor
Hemmerlee, Ashlyn
Harris, Mckall
Smith, Paxton
O'Sullivan, Mike
Fu, Alex
Burgoyne, Zach
Hellier, Addison
Probst, Jack
Currie, Ryan
Staten, Sam
Mortimer, Nate
Hogan, Kellen
Roberts, Scott
Mater, Nick
Price, Matt
Radman, Seth
Venable, Adam

400 Mile Winter (30-35 miles a week)

Fitzsimmons, Delaney
McMullan, Kelly
Johnson, Ashlee
Newman, Julie
Goodrum, Courtney
Young, Collin
Lawrence, Nick
Mathukumilli, Anirudh
Powell, Evan

450 Mile Winter (35-40 miles a week)

Smith, Lindsey
Reicher, Molly
McGinty, Monica
Smetanka, Brooke
Dixon, Kirsten
Grover, Brian
Pons, Michael
Macias, Nick
Cushatt, Jacob
Mitchell, Tyler
Stewart, Robby
Mawhinney, Bryce
Abeyta, Stephen

500 Mile Winter (40-45 miles a week)

Londono, Laura
Murphree, Matt
Matzke, Tyler
Lund, Jared
Spieker, Trevor
Romine, Nick

600-650 mile winter (50-60 mile weeks)

Walton, Andrew
Weaver, Connor
Steiner, Eric
Parker, Seth
Wagner, Noel
Hart, Carson
Graf, Blake
McDaniel, Josh
McKelvey, Taylor