

How to Enter Mileage Into CCLog

Go to www.ccllog2.com

Key in your user name and four number PIN

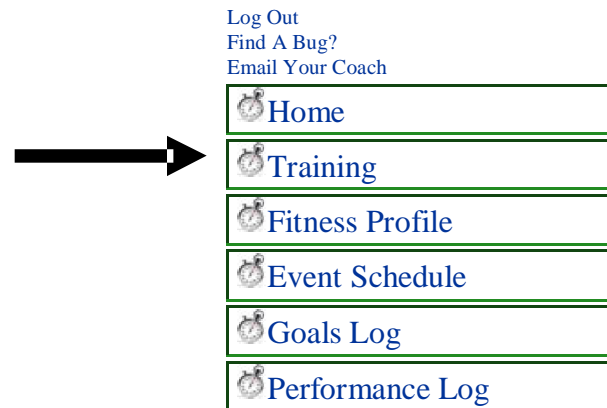
Login

User Name: <input type="text"/>	PIN: <input type="text"/>	Select Season: Summer 2005 <input type="button" value="v"/>	<input type="button" value="Login"/>
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[Forgot your login information?](#)

Please feel free to demo this service. You may do so as a [coach](#) or as a [participant](#). Feel free to use all the features and functionality of this demo, including adding mileage, adding participants, etc.

To log in your mileage for the day, click on “Training” from the menu on the left.



Toward the top of this new screen, look for “Standard Enter”, click on it.



CCLog® Training Log Entry for Summer 2005 for Athlete

This training was done on: 6 3 2005 in the Shoes Worn (if running training): Nike Air Pegasus

Run Training

[Express Workout Entry \(What's This?\)](#)

[View/Edit/Add Individual Workouts](#)

Distance: miles km
 Total Time: hrs: min: sec:
 Pace/mi: : Type:

Easy Run

I ran with: Weather: Comments:

Distance of your run (If known. If not just key in the minutes).

Key in Date

Key in who you ran with

What the weather was like including temp and whether it was cloudy, sunny, etc. The comment area is important. Key in how you felt, good or bad. Did you see the sun rise or set? – put it down. This is how you record your memories.

Was the run in the AM or the PM

Most runs will be EASY

MOST IMPORTANT – MAKE SURE YOU HIT THE “ENTER INTO LOG” BUTTON.