

Using XCStats Goal Setting

After you login, notice the “Runner’s Control Panel” menu item on the left side. The “Create Goals” link takes you place to enter your goals! Also notice the links to other running tools including training logs and editing your account settings.

To Set Goals

After your team’s schedule has been entered into XCStats, this page will list those events. It will be a complete list, so not all runners will participate in all the events shown. In the form provided, enter goals for any upcoming race.

If your coach has entered the expected distances for the course, and you know the distance you are expecting to run, select the distance from the pull-down menu. When you submit your goal (hit the SAVE button), your pace will be calculated and your past races will be shown if you have run that course and distance before.

Date Event Course	Distance (if avail)	My Goal		Calculated Pace	Past Races PR,LR,LY	Career Avg Pace	Submit
6/16 DelaSalle Invitational - Newhall Park	2	14	30	7:15 min/mi	14:40, 14:40, n/a	8:09	Submit
Enter Pre-Race Notes: <input type="text" value="Pre-race notes go here."/>							

Select distance if available Input goal time Add notes Hit SAVE.

Examining Past Performances on Upcoming Courses

In the right side column of your Goals page are graphs of your past performances on courses to be run this season. This information will be useful to help you set appropriate goals for your upcoming meets. When you enter a goal, it will be shown as a dashed line and a yellow dot, as seen on the right.



After the Race

Your results will be shown along with your improvements and goal accomplishments. Hopefully you met your goal! You can enter post-race comments, such as how you felt during the race or ideas you have for future training. Once you “Store” the goal, it is no visible via the VIEW GOALS HISTORY menu selection.

Date Event Course	Dist Pace	Time	Goal	Impr	Pre-Race Notes	Store
1/31 DFAL Tri Meet #1 - Hidden Valley Park		32:12	33:44	LY,PG	<input type="text" value="I made it!"/>	STORE
Enter Post-race Notes: <input type="text"/>						

Create Your Season Goal

Set your season goal by using the form shown at the right.

My Season Goal

If your coach has asked you for a goal for the season, do so here:

Type goal.

Enter post-race comments

Click here.

SAVE GOAL