

August 2018

July '18							September '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7							1
8	9	10	11	12	13	14	2	3	4	5	6	7	8
15	16	17	18	19	20	21	9	10	11	12	13	14	15
22	23	24	25	26	27	28	16	17	18	19	20	21	22
29	30	31					23	24	25	26	27	28	29
							30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Group Run @ 6pm PP	2 Group Run 6:30 CM 5K Training @ 7pm CM	3	4 Group Run @ 7am LZHS
5 Group Run @ 7am BW	6 Group Run @ 5am PP	7 Group Run @ 6:30 pm PP 5K Training @ 7pm PP	8 Group Run @ 6pm PP	9 Group Run 6:30 CM 5K Training @ 7pm CM	10	11 Group Run @ 7am LZHS
12 Group Run @ 7am BW	13 Group Run @ 5am PP	14 Group Run @ 6:30 pm PP 5K Training @ 7pm PP	15 Group Run @ 6pm PP	16 Group Run 6:30 CM 5K Training @ 7pm CM	17	18 Group Run @ 7am LZHS
19 Group Run @ 7am BW Alpine Half Marathon Course Preview Fun Run	20 Group Run @ 5am PP	21 Group Run @ 6:30 pm PP 5K Training @ 7pm PP	22 Group Run @ 6pm PP	23 Group Run 6:30 CM 5K Training @ 7pm CM	24	25 Group Run @ 7am LZHS Adopt-a-Highway 9am
26 Group Run @ 7am BW Fort 2 Base	27 Group Run @ 5am PP	28 Group Run @ 6:30 pm PP 5K Training @ 7pm PP	29 Group Run @ 6pm PP	30 Group Run 6:30 CM 5K Training @ 7pm CM	31	1 Group Run @ 7am LZHS
2	3	Notes PP = Paulus Park CM = Cuba Marsh RRS = Road Runner Sports Kildeer LZHS = Lake Zurich High School BW = Busse Woods		Special Events Board/Committee Meetings 5K Training Marathon/HM Training Circuit Race		