

October 2018

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Group Run @ 5am PP	2 Group Run @ 6:30 pm PP	3 Group Run @ 6pm PP	4 Group Run 6:30 PP	5	6
7 Chicago Marathon (also a CARA circuit race)	8 Group Run @ 5am PP	9 Group Run @ 6:30 pm PP	10 Group Run @ 6pm PP	11 Group Run 6:30 PP	12	13 Group Run @ 7am LZHS
14 Group Run @ 7am BW	15 Group Run @ 5am PP	16 Group Run @ 6:30 pm PP	17 Group Run @ 6pm PP	18	19	20 Group Run @ 7am LZHS **Last day of marathon training program
21 Group Run @ 7am BW **Last day of marathon training program	22 Group Run @ 5am PP	23 Group Run @ 6:30 pm PP	24 Group Run @ 6pm PP	25 Group Run 6:30 PP	26	27 Palatine Halloween Hustle Group Run @ 7am LZHS Lake Bluff PTO Pumpkin Chase 5K
28 Fall Running Tour Destination TBD	29 Group Run @ 5am PP	30 Group Run @ 6:30 pm PP	31 Group Run @ 6pm PP	1	2	3
4	5	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 Alpine Circuit Race CARA Circuit Race		