2018 SMLR Marathon Training Schedule---- We leave Lighthouse Beach at 7:15am (except 7/7, 8/4 and 9/22)

Note that there will not be Shot Bloks or GU at the first stop.

Wk	Route (Approximate mid-point for each run)	Date	A lot of Miles	Even More Miles	# of stations	GU @ stops 2 & 3	Stop 1	@ Mile	Stop 2	@ Mile	Stop 3	@ Mile	Finish Notes
1	**Sheridan North (Willow/ Christ Church)**	6/9	8	10	2		Michigan Shores	1.8	Elder Lane Park	3.8			
2	**Sheridan North (Spruce St/ Ravine Rd)**	6/16	9	11	2		Michigan Shores	1.8	Elder Lane Park	3.8			
3	**South (Edgemere Ct/ Juneway Drinking Fountain)**	6/23	6	8	0								
4	**Sheridan North (Ravine Road/South Ave)**	6/30	11	13	2		Michigan Shores	1.8	Maple Park	4.7			
5	**Harms Woods (Park in lot closest to Golf Rd)**	7/7	12	14	2		Happ Road	2.7	Tower Road	5.6			
6	**Sheridan North (Spruce Street/Christ Church)**	7/14	9	10	2		Michigan Shores	1.8	Elder Lane Park	3.8			
7	**Green Bay Trail (Cedar Lane/Golf Course)**	7/21	14	16	3	Yes	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	Harbor St/Shelton Park	6.5	
8	**Green Bay Trail (Walden Drive/Maintenance Bldg)**	7/28	15	17	3	Yes	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	Harbor St/Shelton Park	6.5	Chocolate Milk
9	**Start at Runner's Edge, Pancakes at End (Ravinia)**	8/4	13	13	2	Yes	GBT @ Ash/Willow	2.0	Dennis Lane (Glencoe)	5.1			Pancakes @ TRE
10	**Green Bay Trail (Golf Course Maintenance/ Comstock Pl)**	8/11	17	19	3	Yes	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
11	**Green Bay Trail (Ravinia/ Ava Pl)**	8/18	18	20	3	Yes	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
12	**Sheridan North (South/Scott)**	8/25	13	12	2	Yes	Michigan Shores	1.8	Maple Park	4.8			
13	**Green Bay Trail (Comstock Place/Ava Pl)**	9/1	19	20	3	Yes	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
14	**Sheridan North (South Ave)**	9/8	13	13	2	Yes	Michigan Shores	1.8	Maple Park	4.8			
15	**Green Bay Trail (Ava Place)**	9/15	20	20	3	Yes	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
16	**Harms Woods (Park in lot closest to Golf Rd)**	9/22	12	12	2	Yes	Happ Road	2.7	Tower Road	5.6			
17	**Lighthouse Beach to Juneway Drinking Fountain**	9/29	8	8	0								
18	**Chicago Marathon**	10/7	26.2	26.2									