2019 SMLR Marathon Training Schedule---- We leave Lighthouse Beach at 7:15am (except 7/ 6 and 9/28)

Wk	Route (Approximate mid-point for each run)	Date	A lot of Miles	Even More Miles	# of stations	GU/ Shot Bloks at stops 2 & 3	Stop 1	@ Mile	Stop 2	@ Mile	Stop 3	@ Mile	Finish
1	**Sheridan North (Willow/ Christ Church)**	6/15	8	10	2		Michigan Shores	1.8	Elder Lane Park	3.8			
2	**Sheridan North (Spruce St/ Ravine Rd)**	6/22	9	11	2		Michigan Shores	1.8	Elder Lane Park	3.8			
3	**South (Edgemere Ct/ Juneway Drinking Fountain)**	6/29	6	8	0		Public Fountains along route						
4	**Harms Woods (Note: Park in lot closest to Golf Rd)**	7/6	11	13	2	Yes	Happ Road	2.7	Tower Road	5.8			
5	**Green Bay Trail (Scott/Cedar Lane/ Hazel)**	7/13	12	14	2		Michigan Shores	1.8	GBT @ Ash/Willow	4.6			
6	**Sheridan North (Spruce Street/Christ Church)**	7/20	9	10	2		Michigan Shores	1.8	Elder Lane Park	3.8			
7	**Green Bay Trail (Cedar Lane/Golf Course)**	7/27	14	16	3		Michigan Shores	1.8	GBT @ Ash/Willow	4.6	Harbor St/Shelton Park	6.5	
8	**Green Bay Trail (Walden Drive/Maintenance Bldg)**	8/3	15	17	3		Michigan Shores	1.8	GBT @ Ash/Willow	4.6	Harbor St/Shelton Park	6.5	
9	**Start at Runner's Edge, Pancakes at End (Ravinia)**	8/10	13	13	2		GBT @ Ash/Willow	2.0	Dennis Lane (Glenc	5.1			Pancakes @ TRE
10	**Green Bay Trail (Golf Course Maintenance/ Comstock P**	8/17	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)**	8/24	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)**	8/31	13	12	2		Michigan Shores	1.8	Maple Park	4.8			
13	**Green Bay Trail (Comstock Place/Ava Pl)**	9/7	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)**	9/14	13	13	2		Michigan Shores	1.8	Maple Park	4.8			
15	**Green Bay Trail (Ava Place)**	9/21	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)**	9/28	12	12	2		Happ Road	2.7	Tower Road	5.8			
17	**Lighthouse Beach to Juneway Drinking Fountain**	10/5	8	8	0		Public Fountains along route						
18	**Chicago Marathon**	10/13	26.2	26.2									