

May 2018

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Group Run @ 6:30 pm	2 Group Run @ 6pm	3 Group Run 6:30 Cuba Marsh	4	5 Group Run @ 7am Adopt-a-Highway 8:30am
6 7am Trail Run @ Deer Grove	7 Group Run @ 5am PP	8 Group Run @ 6:30 pm PP 5K Training @ 7pm *5K Training Begins	9 Group Run @ 6pm PP 6:30pm Carey Pinkowski at RRS	10 Group Run 6:30 CM 5K Training @ 7pm CM	11	12 Group Run @ 7am LZHS
13 7am Trail Run @ Old School FP	14 Group Run @ 5am PP	15 Group Run @ 6:30 pm PP 5K Training @ 7pm	16 Group Run @ 6pm PP Board Meeting 7pm	17 Group Run 6:30 CM 5K Training @ 7pm CM	18	19 Group Run @ 7am LZHS The Low Blond Memorial 5K
20 8am Trail run @ Moraine Hills Chicagoland Marathon & Half marathon	21 Group Run @ 5am PP	22 Group Run @ 6:30 pm PP 5K Training @ 7pm	23 Group Run @ 6pm PP Half Marathon Program Clinic @ RRS Race Committee meeting 7pm - Tacos el Norte	24 Group Run 6:30 CM 5K Training @ 7pm CM	25	26 Group Run @ 7am LZHS
27 7am Trail run @ Poplar Creek	28 Group Run @ 5am PP	29 Group Run @ 6:30 pm PP 5K Training @ 7pm	30 Group Run @ 6pm PP Marathon Training Clinic @ RRS	31 Group Run 6:30 CM 5K Training @ 7pm CM	1	2 Group Run @ 7am LZHS
3	4	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		