

July 2018

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Group Run @ 7am BW Arlington Heights Stampede	2 Group Run @ 5am PP	3 Group Run @ 6:30 pm PP	4 LZ 4th of July Celebration at Paulus Park 10am-10pm Elmhurst 4 on the 4th 4 mile	5 Group Run @ 6:30 pm CM	6	7 Group Run @ 7am LZHS
8 Group Run @ 7am BW Lake Zurich Triathlon-Volunteer	9 Group Run @ 5am PP	10 Group Run @ 6:30 pm PP	11 Group Run @ 6pm PP Fall 5K Clinic 6-8pm	12 Group Run @ 6:30 pm CM	13	14 Group Run @ 7am LZHS Adopt-a-Highway 9am Waterfall Glen Xtreme 10 Mile
15 Group Run @ 7am BW	16 Group Run @ 5am PP	17 Group Run @ 6:30 pm PP 5K Training @ 7pm PP *Fall 5K Training Program Begins	18 Group Run @ 6pm PP Board Meeting 7:30pm PP	19 Group Run 6:30 CM 5K Training @ 7pm CM	20	21 Group Run @ 7am LZHS
22 Group Run @ 7am BW	23 Group Run @ 5am PP	24 Group Run @ 6:30 pm PP 5K Training @ 7pm PP	25 Group Run @ 6pm PP	26 Group Run 6:30 CM 5K Training @ 7pm CM	27	28 Group Run @ 7am LZHS
29 Group Run @ 7am BW Alpine Predictor Run 12pm NU Run for Walk 4.1 Mile	30 Group Run @ 5am PP	31 Group Run @ 6:30 pm PP 5K Training @ 7pm PP	1 Group Run @ 6pm PP	2 Group Run 6:30 CM 5K Training @ 7pm CM	3	4 Group Run @ 7am LZHS
5	6	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		* Beginning of Program **End of Program