

# July

# 2019

## Girls Cross Country

## Lady Steelmen Summer Running

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Runs led by Seniors Time: TBA	2 Runs led by Seniors Time: TBA	3 Runs led by Seniors Time: TBA	4	5	
7		9 Summer Running 8:00-10:00	10 Summer Running 8:00-10:00	11 Summer Running 8:00-10:00	12 Summer Running 8:00-10:00	13
14	15 Summer Running 8:00-10:00	16 Summer Running 8:00-10:00	17 Summer Running 8:00-10:00	18 <b>Sundowner 5k</b> <b>Pilcher Park</b> 7:00pm Cost: \$35 if pre-registered (Includes shirt, medal, and post-race meal)	19 Summer Running 8:00-10:00	20
21	22 XC Camp 3:00-6:30 Downtown Plainfield/DNA Athletics	23 XC Camp 3:00-6:00 Danada Forest Preserve	24 XC Camp 3:00-6:00 Bullfrog Lake	25 XC Camp 3:00-6:30 Kankakee State Park	26 XC Camp 9:30-4:00 Naperville Riverwalk & Centennial Beach	27
28	29	30 Summer Running 8:00-10:00	31 Summer Running 8:00-10:00	8/1 Summer Running 8:00-10:00	8/2 Summer Running 8:00-10:00	

