



"You only get cheered in running.
Every other sport, you get booed."
– Bill Rogers, 4 – time winner of
both the Boston & New York City
Marathons



June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Half & Full: 2 Miles	2 Half & Full: 3 Miles	3 Half & Full: 2 Miles	4	5 Half: 3 miles Full: 6 miles
6	7	8 Half & Full: 2 Miles	9 Half & Full: 3 Miles	10 Half & Full: 2 Miles	11	12 Half: 4 miles Full: 8 miles
13	14	15 Half: 2 miles Full: 3 miles	16 Half: 2 miles Full: 4 miles	17 Half: 2 miles Full: 3 miles	18	19 Half: 3 miles Full: 9 miles
20	21 Half & Full: 3 miles	22	23 Half: 2 miles Full: 3 miles	24 Half: 2 miles Full: 4 miles	25	26 Half: 5 miles Full: 10 miles
27	28	29 Half & Full: 3 miles	30 Half: 2 miles Full: 4 miles.			



There's plenty of advice on how to become a better runner, but try to focus on what's manageable.

Remember: You started running to feel better, not to become stressed.

- *Runner's World Training Tip*



July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fleet Feet - ? Date				1 Half: 3 miles Full: 4 miles	2	3 Half: 5 miles Full: 12 miles
4	5	6 Half & Full: 3 miles	7 Half: 4 miles Full: 5 miles	8 Half: 2 miles Full: 4 miles	9	10 Half: 6 miles Full: 13 miles
11	12	13 Half: 2 miles Full: 3 miles	14 Half: 4 miles Full: 6 miles	15 Half: 2 miles Full: 4 miles	16	17 Half: 6 miles Full: 13 miles
18	19	20 Half & Full: 3 miles	21 Half: 4 miles Full: 7 miles	22 Half: 3 miles Full: 5 miles	23	24 Half: 7 miles Full: 14 miles
25	26	27 Half & Full: 3 miles	28 Half: 4 miles Full: 7 miles	29 Half: 3 miles Full: 5 miles	30	31 8am Hill Run & Pool Party / Meet & Greet with AW at Jenn Dumez's! Half: 5 miles Full: 11 miles



"One of the enjoyable things about running is the camaraderie. You're sort of stuck together, so it forces you to have conversations."
- Ed Hochuli, NFL referee



August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 ? Letter Writing Workshop	2	3 Half & Full: 3 miles	4 Half: 4 miles Full: 7 miles	5 Half: 3 miles Full: 5 miles	6	7 Half: 8 miles Full: 16 miles
8	9	10 Half & Full: 3 miles	11 Half: 4 miles Full: 5 miles	12 Half: 3 miles Full: 4 miles	13	14 Half: 5 miles Full: 17 miles
15	16	17 Half: 2 miles Full: 4 miles	18 Half: 4 miles Full: 7 miles	19 Half: 3 miles Full: 5 miles	20	21 Half: 7 miles Full: 18 miles
22	23	24 Half: 3 miles Full: 6 miles	25 Half: 4 miles Full: 7 miles	26 Half: 2 miles Full: 3 miles	27	28 Half: 7 miles Full: 14 miles Group Leader Hill Run
29	30	31 Half: 3 miles Full: 5 miles				

2010



"Running is a lifetime pursuit. If you set goals and have passion and believe in yourself, anything is possible." – *Joan Benoit Samuelson, '84 Olympic Marathon Gold medalist and U.S. record holder for women ages 50 – 54.*



September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Half: 4 miles Full: 6 miles	2 Half: 3 miles Full: 5 miles	3	4 Half: 9 miles Full: 19 miles
5	6	7 Half: 3 miles Full: 6 miles	8 Half: 3 miles Full: 8 miles	9 Half: 3 miles Full: 4 miles	10	11 Half: 8 miles Full: 18 miles
12	13	14 Half: 3 miles Full: 4 miles	15 Half: 4 miles Full: 7 miles	16 Half: 3 miles Full: 5 miles	17	18 Half: 11 miles Full: 21 miles 7 am - Longest Run & BBQ / Meet & Greet with AW at Jody Barr's
19	20	21	22 Half: 2 miles Full: 4 miles	23 Half: 3 miles Full: 4 miles	24	25 Half: 8 miles Full: 16 miles
26	27	28 Half & Full: 3 miles	29 Half: 3 miles Full: 6 miles	30 Half: 2 miles Full: 4 miles		

2010



"We are different, in essence, from other men. If you want to win something, run 100 meters. If you want to experience something, run a marathon."

- Emil Zatopek, Czech legend who won 4 Olympic gold metals in 1948 and 1952.



October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Half & Full: 6 miles
3	4	5 Half: 2.5 miles Full: 3.5 miles	6	7 Half & Full: 2 miles	8 6pm – Pasta Dinner	9 - 8 am – Marathon!! Post Race Party at Red Rock Tavern.
10	11	12	13	14	15	16 7pm Awards Dinner
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2010