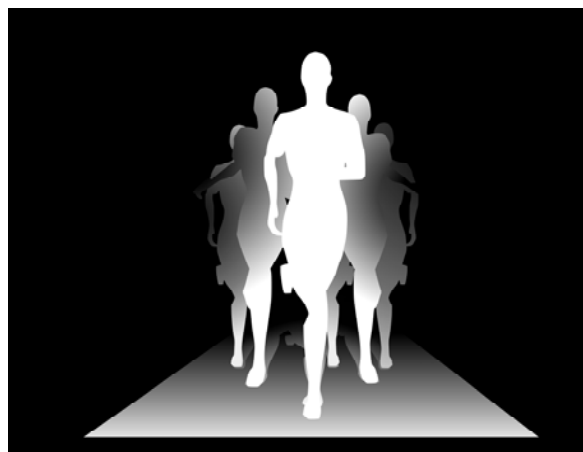




"Pressure is nothing more than the shadow of great opportunity."

- Michael Johnson

A retired American sprinter, Johnson won four Olympic gold medals and was crowned world champion eight times.



May

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7
8	9	10	11	12	13	14 <i>Team MAD Kickoff Braza's 2pm</i>
15	16	17	18	19	20 <i>Happy Feet Fleet Feet 6pm</i>	21
22	23	24	25	26	27	28
29	30	31 Half & Full: 2 Miles				

2011



"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: 2 Miles	3	4 Half: 2 miles Full: 4 miles
5	6	7 Half & Full: 2 Miles	8 Half & Full: 3 Miles	9 Half & Full: 2 Miles	10	11 Half: 3 miles Full: 6 miles
12	13	14 Half & Full: 2 Miles	15 Half & Full: 3 Miles	16 Half & Full: 2 Miles	17	18 Half: 4 miles Full: 8 miles
19	20	21 Half: 2 miles Full: 3 miles	22 Half: 2 miles Full: 3 miles	23 Half: 2 miles Full: 3 miles	24	25 Half: 3 miles Full: 9 miles
26	27	28 Half & Full: 3 miles	29 Half: 2 miles Full: 3 miles	30 Half: 2 miles Full: 4 miles		

2011



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
					1	2 Half: 5 miles Full: 10 miles
3	4	5 Half & Full: 3 miles	6 Half: 2 miles Full: 4 miles.	7 Half: 3 miles Full: 4 miles	8	9 Half: 5 miles Full: 12 miles
10	11	12 Half & Full: 3 miles	13 Half: 4 miles Full: 5 miles	14 Half: 2 miles Full: 4 miles	15 <i>Meet and Greet/Happy Hour</i>	16 Half: 6 miles Full: 13 miles
17	18	19 Half: 2 miles Full: 3 miles	20 Half: 4 miles Full: 6 miles	21 Half: 2 miles Full: 4 miles	22	23 Half: 6 miles Full: 13 miles
24	25	26 Half & Full: 3 miles	27 Half: 4 miles Full: 7 miles	28 Half: 3 miles Full: 5 miles	29	30 <i>Letter Writing Clinic</i> Half: 7 miles Full: 14 miles
31						

2011



"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	2 Half & Full: 3 miles	3 Half: 4 miles Full: 7 miles	4 Half: 3 miles Full: 5 miles	5	6 <i>Hill Run and Pool Party Meet and Greet</i> Half: 5 miles Full: 11 miles
7	8	9 Half & Full: 3 miles	10 Half: 4 miles Full: 7 miles	11 Half: 3 miles Full: 5 miles	12	13 Half: 8 miles Full: 16 miles
13	14	15 Half & Full: 3 miles	16 Half: 4 miles Full: 5 miles	17 Half: 3 miles Full: 4 miles	18	19 Half: 5 miles Full: 17 miles
20	21	22 Half: 2 miles Full: 4 miles	23 Half: 4 miles Full: 7 miles	24 Half: 3 miles Full: 5 miles	25	26 Half: 7 miles Full: 18 miles
27	28	29	30 Half: 3 miles Full: 6 miles	31 Half: 4 miles Full: 7 miles		

2011



“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: 2 miles Full: 3 miles	2	3 Half: 7 miles Full: 14 miles Hill Run
4	5	6 Half: 3 miles Full: 5 miles	7 Half: 4 miles Full: 6 miles	8 Half: 3 miles Full: 5 miles	9	10 Half: 9 miles Full: 19 miles
11	12	13 Half: 3 miles Full: 6 miles	14 Half: 3 miles Full: 8 miles	15 Half: 3 miles Full: 4 miles	16	17 Half: 8 miles Full: 18 miles
18	19	20 Half: 3 miles Full: 4 miles	21 Half: 4 miles Full: 7 miles	22 Half: 3 miles Full: 5 miles	23	24 <i>Longest Run and BBQ/Meet and Greet</i> Half: 11 miles Full: 21 miles
25	26	27	28 Half: 2 miles Full: 4 miles	29 Half: 3 miles Full: 4 miles	30	

2011



"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

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 Half: 8 miles Full: 16 miles
2	3	4 Half & Full: 3 miles	5 Half: 3 miles Full: 6 miles	6 Half: 2 miles Full: 4 miles	7	8 Half & Full: 6 miles
9	10	11 Half: 2.5 miles Full: 3.5 miles	12	13 Half & Full: 2 miles	14 <i>Pasta Dinner</i>	15 <i>Post Race Party</i>
16	17	18	19	20	21	22 <i>Awards Dinner</i>
23	24	25	26	27	28	29
30	31					

2011