

# Summer Run Calendar 2019

- The calendar is setup so the athletes are running all summer. The top number is for advanced runners, the middle number is for intermediate runners, and the bottom number is for beginning runners.
- We will complete the runs together on Monday and Wednesday from 8:00-9:00am. The other days we ask you to complete your runs on your own time with family or friends. During the month of June we will meet at Westside Park and during the month of July we will meet at Craig Park (This may change depending on construction at Craig Park).
- Please watch our Twitter feed (@GMSXCountry) for any cancellations due to bad weather.
- We are logging our summer runs again this year. At the end of the summer any runner who has completed 150 miles or 200 miles will be eligible for some prizes. Please use the following link below to log your runs. We hope you are ready to join the challenge and be a part of our 150 mile run club or 200 mile run club!

<https://docs.google.com/spreadsheets/d/1ySMcXSZtdLLV5mgM2hMpTfhTe8VGVBwaJunGG-zBH4s/edit?usp=sharing>

\*The link is also posted on Twitter and on our website\*

# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					31	1
					2	3
					2	2
					1	1
2	3 West Side Park 8:00-9:00	4	5 West Side Park 8:00-9:00	6	7	8
	3	2	3	3	3	4
	1	2	1	2	2	3
	1	2	1	2	1	2
9	10 West Side Park 8:00-9:00	11	12 West Side Park 8:00-9:00	13	14	15
	2	4	4	4	5	4
	2	3	3	3	3	3
	1	2	2	2	2	3
16	17 West Side Park 8:00-9:00	18	19 West Side Park 8:00-9:00	20	21	22
	3	4	5	4	4	5
	2	2	4	3	3	4
	1	1	2	2	2	3
23	24 West Side Park 8:00-9:00	25	26 West Side Park 8:00-9:00	27	28	29 <b>Freedom Park</b> <b>5k</b>
	4	3	5	4	4	5
30	2	2	4	3	3	4
	2	1	2	2	2	1

# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No Practice Run on your own 3 2 2	2  5 3 2	3 No Practice Run on your own 5 3 2	4  4 3 2	5  5 4 3	6   3 2 2
7	8 Craig Park 8:00-9:00 4 2 1	9  4 3 2	10 Craig Park 8:00-9:00 5 3 2	11  5 4 2	12  5 3 2	13   4 2 2
14	15 Craig Park 8:00-9:00 6 4 2	16  5 3 3	17 Craig Park 8:00-9:00 5 3 3	18  5 3 3	19  5 4 2	20   4 2 2
21	22 Craig Park 8:00-9:00 6 2 2	23  5 3 3	24 Craig Park 8:00-9:00 4 3 3	25  4 2 2	26  5 4 3	27   4 3 3
28	29  4 2 2	30 <b>First Official Day of Practice!</b> <b>Physicals <u>MUST</u> be turned in!</b>	31			