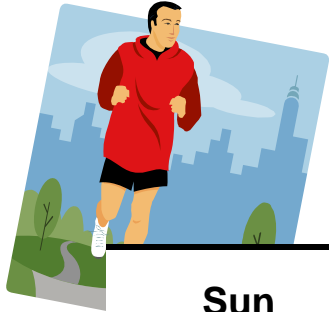


# RIVER FRONT RUNNERS

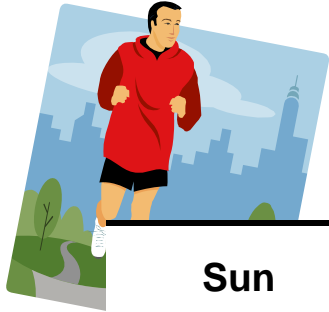
## March 2009



| Sun | Mon | Tue                     | Wed  | Thu                     | Fri | Sat  |
|-----|-----|-------------------------|--|-------------------------|-----|--|
| 1   | 2   | 3<br><i>6:00am run</i>  | 4<br><i>5:30pm run</i><br><i>6:30pm</i><br><i>Special Speaker</i><br><i>Jessica Hanson</i><br><i>Injury prevention/ care</i> | 5<br><i>6:00am run</i>  | 6   | 7<br><i>10am run</i><br><i>11am strength training</i>  |
| 8   | 9   | 10<br><i>6:00am run</i> | 11<br><i>5:30pm run</i>  | 12<br><i>6:00am run</i> | 13  | 14<br><i>10am run</i><br><i>11am strength training</i> |
| 15  | 16  | 17<br><i>6:00am run</i> | 18<br><i>5:30pm run</i>  | 19<br><i>6:00am run</i> | 20  | 21<br><i>10am run</i><br><i>11am strength training</i> |
| 22  | 23  | 24<br><i>6:00am run</i> | 25<br><i>5:30pm run</i>  | 26<br><i>6:00am run</i> | 27  | 28<br><i>10am run</i><br><i>11am strength training</i> |
| 29  | 30  | 31<br><i>6:00am run</i> |  |                         |     |  |

# RIVER FRONT RUNNERS

## April 2009



| Sun | Mon | Tue                     | Wed                     | Thu                     | Fri                      | Sat  |
|-----|-----|-------------------------|-------------------------|-------------------------|--------------------------|--|
|     |     |                         | 1<br><i>5:30pm run</i>  | 2                       | 3                        | 4<br><i>10am run</i><br><i>11am strength training</i>  |
| 5   | 6   | 7<br><i>6:00am run</i>  | 8<br><i>5:30pm run</i>  | 9<br><i>6:00am run</i>  | 10                       | 11<br><i>10am run</i><br><i>11am strength training</i> |
| 12  | 13  | 14<br><i>6:00am run</i> | 15<br><i>5:30pm run</i> | 16<br><i>6:00am run</i> | 17                       | 18<br><i>10am run</i><br><i>11am strength training</i> |
| 19  | 20  | 21<br><i>6:00am run</i> | 22<br><i>5:30pm run</i> | 23<br><i>6:00am run</i> | 24<br><b>TEAM DINNER</b> | 25<br><b>WILDLIFE TRAIL CLASSIC</b>                    |
| 26  | 27  | 28                      | 29                      | 30                      |                          |  |