



RunningGroup

NOVEMBER 2011

All runs start at 8:30 am

Meet in the Front Foyer unless otherwise indicated

Tuesday, November 1:

3 - 3.5 miles of hilly terrain around Club

Thursday, November 3

Meet at Two Rivers Bridge parking lot. 3.5 miles.

Saturday, November 5

3 miles on your own

Suggestion: 5K Race to Indianapolis

Tuesday, November 8

3.5 miles of hilly terrain around Club

Thursday, November 10

Meet at Two Rivers Bridge parking lot. 3.5 miles.

Saturday, November 12

3 miles on your own

Suggestion: Philander Smith Social Justice 5K

Tuesday, November 15

3.5 miles of faster pace running - all flat

Thursday, November 17

Meet at Two Rivers Bridge parking lot. 4 miles.

Saturday, November 19

3 miles on your own

Suggestion: Enlist a friend to go with you.

Tuesday, November 22

3.5 miles of hilly terrain around Club

Thursday, November 24

Happy Thanksgiving!

Suggestion: Go!bblor Turkey Trot

Saturday, November 26

3 miles on your own

Suggestion: Enlist a friend to go with you.

Tuesday, November 29

3.5 miles of faster pace running - all flat