

SEPTEMBER 2011

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9 Rest	10 At School Run/Walk 30 min.	11 Track/School Run/Walk 30 min.	12 Rest	13 At School Run/Walk 30 min.	14 Rest	15 Mr T's 8am Meet Seminars: Apparel Wear Nutritional, Blisters, Run/Walk 30 min. Run Starts at 9am																																																																																				
16 Rest	17 At School Run/Walk 35 min.	18 Track/School Run/Walk 35 min.	19 Rest	20 At School Run/Walk 35 min.	21 Rest	22 Mr T's 8am Meet Seminars: Apparel Wear Nutritional, Blisters, Run/Walk 35 min. Run Starts at 9am																																																																																				
23 Rest	24 At School Run/Walk 35 min.	25 Track/School Run/Walk 35 min.	26 Rest	27 At School Run/Walk 35 min.	28 Rest	29 Halloween Run Run/Walk 35 min. Potluck Meet at 7:30am TRM Paid Event Fuzio's SOG Event 1PM																																																																																				
30 Rest	31 At School Run 20 min.	September 2011 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>		S	M	T	W	Th	F	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		November 2011 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				Notes: www.vertex42.com
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20 Rest	21 At School Run 30 min.	22 Track/School Run 30 min.	23 Rest	24 Turkey Trot Run 40 min.	25 Rest	26 Park Run 40 min. Shoe Seminar Location/time TBD 8am																																																																																									
27 Rest	28 At School Run 3m	29 Track/School Run 4m	30 Rest																																																																																												
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MARCH 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
				1 At School Run 5 m	2 Rest	3 Park 9 miles Meet at 8am																																																																																				
4 Rest	5 At School Run 3 m	6 Track/School Run 5 m	7 Rest	8 At School Run 3 m	9 Rest	10 Tuolumne Riv. Pk. 8 miles Meet at 8am 9th Street Cleanup BBQ at Church Meet at 10am																																																																																				
11 Rest	12 At School Run 3 m	13 Track/School Run 3 m	14 Rest	15 At School Walk 2 m Teens/VIPS Dinner with Guest Speaker Norma Bastidas	16 Rest	17 Expo Packet Pickup Rest																																																																																				
18 MARATHON DAY!!! 26.2 Miles	19	20	21	22	23	24																																																																																				
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