

EXCL Running Club

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Practice begins! 3:30 – 4:30pm	16	17
18	19 Practice 3:30-4:30 *Registration is due!	20	21	22 Practice 3:30-4:30	23	24
25	26 Practice 3:30-4:30	27	28	29 Practice 3:30-4:30	30	31

EXCL Running Club September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No Practice! Labor Day	3	4	5 Practice 3:30-4:30	6	7 RACE DAY!
8	9 Practice 3:30-4:30	10	11	12 Practice 3:30-4:30	13	14 RACE DAY!
15	16 Practice 3:30-4:30	17	18	19 Practice 3:30-4:30	20	21 RACE DAY!
22	23	24	25	26	27	28
29	30					