

# December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Easy Run Bunker/5am	2 Easy Run Bunker/5am	3 Bunker/5am Tempo Run Warm up-40 minute Tempo run-cool down	4 Pasta Party for club 6:30pm at Marsha's . BYOB	5 ROCK-N-ROLL Expo
6 4:45am ROCK-N-ROLL Marathon and Half-Marathon Party room open 9am	7 <b>LOOK</b> for race results on the message board!	8  REST	9 Easy Run Bunker/5am	10 Rampart at Del Webb 5am EASY HILL RUN 33 up-27 down	11	12 7am Washington at Buffalo 1 hr EASY RUN then Starbucks Lk Mead at Rmpt
13	14	15 Bunker/5am Tempo Run Warm up-40 minute Tempo run-cool down	16	17 Thomas Ryan Comm Center/5am Hill repeats 1 hr	18	19 2 hr run 7 am Town Center Coffee Bean Refreshments after
20	21	22 Bunker/5am REPEATS Warm up-40 minutes of ??? repeats-cool dn	23	24 Rampart at Del Webb 5am EASY HILL RUN 33 up-27 down	25	26 2 hr run 7am Bunker Refreshments Tenaya/Craig Starbucks
27	28	29 Bunker/5am Tempo Run Warm up-40 minute Tempo run-cool down	30	31	9am Washington at Buffalo NEW YEARS DAY New Years Baby Relay Race.	

PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS