

November

2016

Workout Locations and Times

Meets in December are December 3rd and December 9th/10th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Off 30	Churchill Drive West Pumphouse 4:30-5:45 Max Bell 5:45-7:00 31	Churchill Drive West Pumphouse 4:30-5:45 Max Bell 5:45-7:00 1	Westview Park Bottom @ front 5:00-6:15 2	Churchill Drive West Pumphouse 4:30-5:45 Max Bell 5:45-7:00 3	Off 4	Westview Park Bottom @ front Noon 5
Birds Hill Park West Beach 10:00am 6	Churchill Drive West Pumphouse 4:30-5:45 Max Bell 5:45-7:00 7	Churchill Drive West Pumphouse 4:30-5:45 Max Bell 5:45-7:00 8	Westview Park Bottom @ front 5:00-6:15 9	Churchill Drive West Pumphouse 4:30-5:45 Max Bell 5:45-7:00 10	Off 11	Westview Park Bottom @ front Noon 12
Birds Hill Park West Beach 10:00am 13	Off – National Group Max Bell – 5:30 14	Westview Park Bottom @ front 5:00-6:15 Max Bell 5:45 – 7:00 15	Off - Everyone 16	Churchill Drive West Pumphouse 4:30-5:45 Max Bell 5:45-7:00 17	Off 18	Westview Park Bottom @ front Noon 19
Churchill Drive West Pumphouse 10:00am 20	Off – National Group Max Bell – 5:30 21	Westview Park Bottom @ front 5:00-6:15 22	Churchill Drive West Pumphouse 4:30-5:45 Max Bell 5:45-7:00 23	Off – National Group Max Bell 5:30 – 7:00 24	National Group - Warm up on course Everyone else - Off 25	National Cross Country Championships – Kingston, ON Everyone else - Off 26
Off 27	Max Bell – 5:30 – 7:00 28	Max Bell – 5:30 – 7:00 29	Max Bell – 5:30 – 7:00 30	Max Bell – 5:30 – 7:00 1	Easy run at home < 20 minutes 2	Flying “M” Frolic – Everyone competes 3