

July

1	Mon	6:30am - 7:30am	New England Run
12	Fri	6:30am - 7:30am	Great Lakes Run
19	Fri	6:30am - 7:30am	New England Run
26	Fri	6:30am - 7:30am	Great Lakes Run

August

2	Fri	6:30am - 7:30am	New England Run
9	Fri	6:30am - 7:30am	Great Lakes Run
16	Fri	6:30am - 7:30am	New England Run
23	Fri	6:30am - 7:30am	Great Lakes Run

September

6	Fri	6:30am - 7:30am	Great Lakes Run
13	Fri	6:30am - 7:30am	New England Run
20	Fri	6:30am - 7:30am	Great Lakes Run
27	Fri	6:30am - 7:30am	New England Run

October

4	Fri	6:30am - 7:30am	Great Lakes Run
11	Fri	6:30am - 7:30am	New England Run
18	Fri	6:30am - 7:30am	Great Lakes Run
25	Fri	6:30am - 7:30am	New England Run

November

1	Fri	6:30am - 7:30am	Great Lakes Run
8	Fri	6:30am - 7:30am	New England Run
15	Fri	6:30am - 7:30am	Great Lakes Run
22	Fri	6:30am - 7:30am	New England Run
25	Mon	6:30am - 7:30am	Great Lakes Run

December

6	Fri	6:30am - 7:30am	New England Run
13	Fri	6:30am - 7:30am	Great Lakes Run
20	Fri	6:30am - 7:30am	Great Lakes Run