

Porter County Runs Trainer George Nietert

Week	Date	location	Miles
1	June 12,13	Washington Twp.	6-8-10
2	June 19,20	Washington Twp.	7-9-11
3	June 26, 27	Coffee Creek	5-6-8
4	July 3,4	Valpo Routes	9-11-13
5	July 10,11	Chesterton Bike Trail	10-12-14
6	July 17,18	Coffee Creek	7-9-10
7	July 24,25	Washington Twp.	12-14-16
8	July 31, August 1	Chesterton Bike Trail	13-15-17
9	August 7,8	Coffee Creek	10-11-12
10	August 14,15	Washington Twp.	15-17-19
11	August 21,22	Chesterton Bike Trail	16-18-20
12	August 28,29	Valpo Routes	12-13-12
13	September 4,5	Chesterton Bike Trail	18-20-20
14	September 12*	Washington Twp.	14-12-12
15	September 18,19	Valpo Routes	20-20-20
16	September 25,26	Washington Twp.	12-12-12
17	October 2,3	Washington Twp.	8-8-8
18	October 10	Chicago Marathon	26.2

*No long run on 9/11/10 Popcorn Panic
--

Lake County– Trainer Michele Hale

Meets Sundays at Wicker Park in Highland at 7:00 A.M. beginning June 13, 2010.

Galloway Program– Trainer Ed Burns

Ed will e-mail routes to Galloway runners weekly