

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				27 5:00pm/6:00pm Reagan Home Parking Lot	28 MAY	29 MAY
30 MAY	31 MAY	1	2	3 5:00pm/6:00pm Reagan Home Parking Lot	4	5
6	7	8	9	10 5:00pm/6:00pm Reagan Home Parking Lot	11	12
13	14	15	16	17 5:00pm/6:00pm Reagan Home Parking Lot	18	19
20	21	22	23	24 5:00pm/6:00pm Reagan Home Parking Lot	25	26
27	28	29	30	1 5:00pm/6:00pm Reagan Home Parking Lot	2 JULY	3 8:00am Reagan Run

All walkers welcomed (you don't have to run) and will start at 4:45pm.

Runs that start at 5:00 will be count down runs based on your current 5K pace.
(see chart for those that are interested for your start time and team).

Example: If you plan to run a pace equal to 27:00 minutes you will then start at 5:20pm 30-25 min. with Team "E"

Teams	Begin at	Running time
Team "A"	5:00pm	50-45 min
Team "B"	5:05pm	45-40 min
Team "C"	5:10pm	40-35 min
Team "D"	5:15pm	35-30 min
Team "E"	5:20pm	30-25 min
Team "F"	5:25pm	25-20 min
Team "G"	5:30pm	20-15 min

If you can't make 5pm. A second START time for this year will be at 6:00pm. This will be a One group start run.

SPECIAL for 2010 will be DOUBLE DUTCH RUN, if you are needing the mileage. All double runs will start at your appropriate "TEAM" time and will continue running a second lap (ref. attached map). After the first lap continue on Highland Ave to W.9th turn left for two blocks returning to the Reagan home for lap 2.

