

Training:  
 Tuesdays & Wednesdays at 6:30 PM Runners are always welcome to join  
 Saturdays at 8:00 AM either group locations.

Week	Week Starting	Tuesday Mariemont	Wednesday Edgewood	Saturday Mariemont & Edgewood	
1	14-Nov	4 miles	4 miles	Thanksgiving Day Pre-Run Meeting Downtown	
2	21-Nov	4 miles	No Run	5 miles	
3	28-Nov	4 miles	4 miles	6 miles	
4	5-Dec	2 miles + Barre3 Studio	4 miles	6 miles	
5	12-Dec	<b>Christmas Light Run &amp; Invite your buddy Run</b> Approximately 5 miles	<b>Christmas Light Run &amp; Invite your buddy run</b> Approximately 5 miles	7 mile run	
6	19-Dec	5 miles	5 miles	Egg Nog Jog <b>Meeting at 10 AM</b> 4 mile option & 8 mile option	
7	26-Dec	6 miles	6 miles	6 miles & 10 miles Option	Sunday Jan. 1st - <del>Frostbite</del> <b>5-miler</b> Fort Thomas, KY Discount available