

Cold Feet

Location: **Edgewood & Mariemont**

Training:
Tuesdays & Wednesdays at
6:30 PM
Saturdays at 8:00 AM

Runners are always welcome
to join either group locations.

Week	Week Starting	Tuesday Mariemont	Wednesday Edgewood	Saturday Mariemont & Edgewood	
1	13-Nov	OFF	OFF	Thanksgiving Day Pre-Run Meeting Downtown 5 miles	
2	20-Nov	5 miles	No Run	5 miles	
3	27-Nov	5 miles	5 miles	6 miles	
4	4-Dec	5 miles	5 miles	Jingle Bell Run	Thursday December 7th Pub Run in Mariemont 6:30 pm Bring your Christmas Hats
5	11-Dec	Christmas Light Run & Invite your buddy Run Approximately 5 miles	Christmas Light Run & Invite your buddy run Approximately 5 miles	7 mile run	
6	18-Dec	5 miles	5 miles	Egg Nog Jog 4 mile option & 8 mile option	
7	25-Dec	6 miles	6 miles	6 miles & 10 miles Option	Sunday Jan. 1st - Frostbite 5-miler Fort Thomas, KY Discount available