

## 2009 summer training: marathon/half marathon schedule

### Sundays

June 28 : EP Trail; Fondulac Park Admin Bldg Parking Lot; 6AM. 75 minute run

July 5: EP Trail; Fondulac Park Admin Bldg Parking Lot: 6AM. 90 minute run

July 12: EP Trail; Fondulac Park Admin Bldg Parking Lot; 6AM. 12 M

July 19: Running Central ; 6AM. 14 M

July 26: Running Central ; 6AM 16 M

August 2;Running Central; 6AM 2 hr. run

August 9; Peoria Hts Tower; 6AM. 16 M

August 16: Peoria Hts Tower; 6AM; 18 M

August 23 Peoria Hts Tower; 6AM; 20 M

August 30: Riverplex, 6AM; 2.5 hrs run

September 6:Running Central, 6AM; 20 M (note change of location from original schedule)

September 13: IVS Half Marathon, Springdale Cemetery; 7:30/ or 16M

September 20: Running Central, 6:30AM, 20-22M

September 27: Running central, 6:30AM, 16M

October 4: EP Trail; 6:30AM; 8-12 M

Tuesday and Thursday workouts, until September 13, will meet at 6PM, Lower Glen Oak Park at the Sonnemaker Statue. After September 13, same place, meet at 5:30 PM

Sunday morning runs After September 13, will begin a half hour later(6:30 AM)