

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 REST	3 CC practice 7:00-8:30	4 CC practice 7-8:30	5 Easy Run (50min)	6 CC practice 7-8:30	7 CC practice 7-8:30	8 Easy Run (75min)
9 REST	10 CC practice 7-8:30	11 Galveston Trip 6:00am-6:00pm	12 Easy Run (50min)	13 CC practice 7-8:30	14 CC practice 6:00am-1:00pm Kate Barr-Ross Memorial Park	15 Easy Run (75min)
16 REST	17 CC practice 6:00am-7:30am	18 CC practice 6:00am-7:30am	19 Easy Run (50min)	20 CC practice 6:00am-7:30am	21 CC practice 6:00am-7:30am	22 Practice Meet 7am Pancake Breakfast 8am Parent Meeting 9am
23 Easy Run (75min)	24 FIRST DAY OF SCHOOL	25 CC practice 6:00am-7:30am 2:45pm-5:00pm Spring Creek Park	26 Easy Run (50min)	27 CC practice 6:00am-7:30am	28 Friday Night Lights Invitational	29 Easy Run (75min)
30	31					