

ST. JOHN OF THE CROSS CROSS-COUNTRY

"Run For Fun"

FALL 2009 Tentative Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
8/11 Katherine Legge (3:30-5 p.m.)	8/12 Springrock Park (Cross-Training Bicycle/Run) (3:30-5 p.m.)	8/13 Fullersburg Woods (3:30-5 p.m.)	8/14 Personal Training On Own	8/15 Lyons Township "Fun Run" (Tentative) 8:30 LT south
8/18 Katherine Legge (3:30-5 p.m.)	8/19 Fullersburg Woods (3:30-5 p.m.)	8/20 Springdale Water Balloon Tag (3:30-5 p.m.)	8/21 Personal Training On Own	8/22-8/23 Personal Training On Own
8/25 Springrock (Practice Meet) (3:30-5 p.m.)	8/26 Springrock (Practice Meet) (3:30-5 p.m.)	8/27 LT Ice Cream Day (3:30-5 p.m.)	8/28 Personal Training On Own	8/29-8/30 Personal Training On Own
9/1 Springdale Cone Game (3:30-5 p.m.) <u>PARENT MEETING</u>	9/2 Springrock (3:30-5 p.m.)	9/3 Ridgewood (3:30-5 p.m.)	9/4 LT (Simon Says and Game Day) (3:30-5 p.m.) Pasta Party @ TBA	9/5 SPL Meet #1 Hosted by St. Irene LABOR DAY WEEKEND
9/8 Springdale Ice Cream (3:30-5 p.m.)	9/9 Springrock (3:30-5 p.m.)	9/10 LT Bleachers, Sharks and Minnows (3:30-5 p.m.)	9/11 Ridgewood (3:30-5 p.m.) Pasta Party @ TBA	9/12 SPL Meet #2 Hosted by SJC
9/15 LT (3:30-5 p.m.)	9/16 Ridgewood (3:30-5 p.m.)	9/17 Commonwealth (3:30-5 p.m.)	9/18 Springrock (King/Queen of the Hill Relay Race) (3:30-5 p.m.) Pasta Party @ TBA	9/19 SPL Meet #3 Hosted by St Joan of Arc
9/25 Ridgewood (3:30-5 p.m.)	9/26 (Pie/Cake Race) (3:30-5 p.m.)	9/27 Over Pass Run (3:30-5 p.m.)	9/28 Running Roulette (3:30-5 p.m.) Pasta Party @ TBA	9/26 SPL Meet #4 Hosted by St. Mary
9/29 Springrock Ice-Cream (3:30-5 p.m.)	9/30 (Cross-Training B'ball/Soccer/Football) (3:30-5 p.m.)	10/1 (3:30-5 p.m.) Run at Championship Course or Western Springs	10/2 Mass 7:45 A.M. Juice & Bagels Practice Scavenger Hunt (3:30-5 p.m.) Pasta Party @ TBA	10/3 SPL Championship Hosted by St. Petronille

END OF SEASON PARTY TENTATIVELY OCTOBER 9TH FROM 3:45-4:45

Cross Country: Margie Connelly (H) 708-246-1694
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League Website: <http://www.s-p-l.org>