

# ST. JOHN OF THE CROSS CROSS-COUNTRY

## "Run For Fun"

### FALL 2009 Tentative Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
8/12 Katherine Legge (3:30-5 p.m.)	8/13 Springrock Park (Cross-Training Bicycle/Run) (3:30-5 p.m.)	8/14 Fullersburg Woods (3:30-5 p.m.)	8/15 Personal Training On Own	8/16 Lyons Township "Fun Run" (Tenative) 8:30 LT south
8/19 Katherine Legge (3:30-5 p.m.)	8/20 Fullersburg Woods (3:30-5 p.m.)	8/21 Springdale Water Balloon Tag (3:30-5 p.m.)	8/22 Personal Training On Own	8/23-24 Personal Training On Own
8/26 Springrock (Practice Meet) (3:30-5 p.m.)	8/27 Springrock (Practice Meet) (3:30-5 p.m.)	8/28 LT Ice Cream Day (3:30-5 p.m.)	8/29 Personal Training On Own	8/30-31 Personal Training On Own
9/2 Springdale Cone Game (3:30-5 p.m.) <b><u>PARENT</u></b> <b><u>MEETING</u></b>	9/3 Springrock (3:30-5 p.m.)	9/4 Ridgewood (3:30-5 p.m.)	9/5 LT (Simon Says and Game Day) (3:30-5 p.m.) Pasta Party @ TBA	9/6 SPL Meet #1 @ TBA
9/9 Springdale Ice Cream (3:30-5 p.m.)	9/10 Springrock (3:30-5 p.m.)	9/11 LT Bleachers, Sharks and Minnows (3:30-5 p.m.)	9/12 Ridgewood (3:30-5 p.m.) Pasta Party @ TBA	9/13 SPL Meet #2 @ TBA
9/15 LT (3:30-5 p.m.)	9/17 Ridgewood (3:30-5 p.m.)	9/18 Commonwealth (3:30-5 p.m.)	9/19 Springrock (King/Queen of the Hill Relay Race) (3:30-5 p.m.) Pasta Party @ TBA	9/20 SPL Meet #3 (9-11 a.m.) @ TBA
9/23 Ridgewood (3:30-5 p.m.)	9/24 (Pie/Cake Race) (3:30-5 p.m.)	9/25 Over Pass Run (3:30-5 p.m.)	9/26 Running Roulette (3:30-5 p.m.) Pasta Party @ TBA	9/27 SPL Meet #4 (9-11 a.m.) @ TBA
9/30 Springrock Ice-Cream (3:30-5 p.m.)	10/1 (Cross-Training B'ball/Soccer/Football) (3:30-5 p.m.)	10/2 (3:30-5 p.m.) Run at Championship Course or Western Springs	10/3 Practice Scavenger Hunt (3:30-5 p.m.) Pasta Party @ TBA	10/4 SPL Championship @ TBA (9-11 a.m.)