

# ST. JOHN OF THE CROSS CROSS-COUNTRY

## "Run For Fun"

### FALL 2008 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 Elite Fitness Mini Triathlon
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 Lyons Township "Fun Run" 8:30 LT south
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 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 @	9/6 SPL Meet St. Irene (9-11 a.m.) @ Summerlakes Park/Johnson School
9/9 Springdale & Ice Cream (3:30-5 p.m.)	9/10 Spartan XC Jr. High Invitational in Winfield or Springrock practice (3:30-5 p.m.)	9/11 LT (3:30-5 p.m.)	9/12 Bleachers, Sharks and Minnows (3:30-5 p.m.) Pasta Party @	9/13 SPL Meet @ LTHS (9-11 a.m.)  <b><u>Sunday-Rooney Heart 5K Run</u></b>
9/15 LT Springrock Park (Girls H.S. Meet) (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 @ Mannebach's	9/20 SPL Meet St. Joan of Arc (9-11 a.m.) @ Marmion <b><u>Sunday-Run-To- Walk Race</u></b>
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 @	9/27 SPL Meet St. Raphael (9-11 a.m.) @ Mt. Assisi
9/30 Springrock Snacker's 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.) Northside Park Wheaton	10/3 Practice Scavenger Hunt (3:30-5 p.m.) Pasta Party @	10/4 SPL Championship Meet St. Petronille (9-11 a.m.) @ Northside Park Wheaton