



# RUNNERS SOUL

PREPARING YOU FOR THE HUMAN RACE

## RACING TEAM SCHEDULE - SUMMER/FALL 2017

Wednesdays @ 6:00 pm

### Locations

Civic Centre Track      Intersection of 11th St and 6th Ave S  
 Henderson Lake      Meet at the parking lot/green space in front of the Nikka Yuko Japanese Gardens  
 Fort Whoop-Up      Bottom of 3rd Ave S, meet in the parking lot

Week	Date		Location	Workout/Race
1	19-Jul	Wed	Civic Centre Track	Racing Team Kick-off!
2	26-Jul	Wed	Henderson Lake	Long intervals
3	02-Aug	Wed	Civic Centre Track	Short intervals
4	09-Aug	Wed	Henderson Lake	Long intervals
5	16-Aug	Wed	Fort Whoop-Up	Hills
6	23-Aug	Wed	Civic Centre Track	Short intervals
	26-Aug	Sat	Taber, AB	Taber Cornfest (5/10)
7	30-Aug	Wed	Henderson Lake	Long intervals
8	06-Sep	Wed	Civic Centre Track	Short intervals
	09-Sep	Sat	Calgary, AB	Dino Dash (5/10)
9	13-Sep	Wed	Fort Whoop-Up	Hills
10	20-Sep	Wed	Henderson Lake	Long intervals
11	27-Sep	Wed	Civic Centre Track	Short intervals
	30-Sep	Sat	Lethbridge, AB	Lethbridge Police Half (5/10/Half)
12	04-Oct	Wed	Fort Whoop-Up	Hills
13	11-Oct	Wed	Civic Centre Track	Short intervals
	15-Oct	Sun	Lethbridge, AB	Bare Bones (5/9)
14	18-Oct	Wed	Civic Centre Track	Short intervals
15	25-Oct	Wed	Henderson Lake	Long intervals
16	01-Nov	Wed	Civic Centre Track	Short intervals
	04-Nov	Sat	Banff, AB	Winterstart (5 mi)