



RUNNERS SOUL

PREPARING YOU FOR THE HUMAN RACE

Racing Team - Summer/Fall 2021

Tuesdays @ 6:00 pm

Locations

Civic Centre Track

Intersection of 11th St and 6th Ave S - meet at the NE corner of the track

Fort Whoop-Up

Bottom of 3rd Ave S - meet in the parking lot

****NEW****

Blackwolf Blvd N, between 13th St and Uplands Blvd - meet in the parking lot on the

Legacy Park

east side of the park, off Uplands Blvd N.

Week	Date		Location	Workout/Race
1	17-Aug-21	Tue	Civic Centre Track	Racing Team Kick-Off
2	24-Aug-21	Tue	Fort Whoop-Up	Hills
3	31-Aug-21	Tue	Legacy Park	Long intervals
4	07-Sep-21	Tue	Civic Centre Track	Short intervals
5	14-Sep-21	Tue	Fort Whoop-Up	Hills
6	21-Sep-21	Tue	Legacy Park	Long intervals
7	28-Sep-21	Tue	Civic Centre Track	Short intervals
8	05-Oct-21	Tue	Fort Whoop-Up	Variety day