

December, 2011 Training Schedule

Saturdays

Dec. 3 – JCC Trails, 7 AM

Dec. 10 – AI DuPont HS, Road, 7 AM

Dec. 17 – JCC Trails, 7 AM

Dec. 24 – Can Do Park, Northern Delaware Greenway, 8 AM followed by breakfast

Dec. 31 – JCC Trails, 7 AM

Mondays

Dec. 5, 12, 19, 26 – Tower Hill School, 5:30 PM

Thursdays

Dec. 1, 8, 15, 22, 29 – Tower Hill School, 5:30 PM

(Note Jingle Bill Run followed by dinner on Dec. 15)