

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Race: Hit The Road Jack 10K & 2.2M, Sonoma 12M at medium pace 7:30a Cobblestone Trailhead on Channel Drive</p> <p>Time Change</p>	<p>2</p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>3</p> <p>4x300@2M GP, 4x300@1M GP, 4x300@800m GP 5:30p 3390 Princeton Drive, SR</p>	<p>4</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>5</p> <p>9M total with 8x2 min. at strong pace 5:30p Howarth Park</p>	<p>6</p>	<p>7</p> <p>8:30a Training Run, Railroad Square, SR</p>
<p>8</p> <p>Race: Fitch Mountain Footrace 10K & 3K, Healdsburg 10M at medium pace 7:30a Parktrail Drive at Summerfield Drive</p>	<p>9</p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>10</p>	<p>11</p> <p>All-Comers Track Meet 6:30p All-Comers Track Meet, Montgomery HS</p>	<p>12</p> <p>8.5M at medium pace 5:30p Howarth Park</p>	<p>13</p>	<p>14</p> <p>8:30a Training Run, Railroad Square, SR</p>
<p>15</p> <p>7M at medium pace 7:30a Cobblestone Trailhead on Channel Drive</p>	<p>16</p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>17</p> <p>3x400@1M GP, 3x300@800m GP, 3x200@400m GP 5:30p 3390 Princeton Drive, SR</p>	<p>18</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>19</p> <p>Newsletter Deadline: Dale Peterson, Editor 9.5M total with 2M at strong pace 5:30p Howarth Park</p>	<p>20</p>	<p>21</p> <p>Race: Riverfront Relay, Windsor, 8:00 a.m.</p>
<p>22</p> <p>10M at medium pace 7:30a Lawndale Trailhead off Lawndale Road in Kenwood</p>	<p>23</p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>24</p> <p>All-Comers Track Meet 6:30p All-Comers Track Meet, Montgomery HS</p>	<p>25</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>26</p> <p>11.5M with 2.5M at strong pace 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza</p>	<p>27</p>	<p>28</p> <p>8:30a Training Run, Railroad Square, SR</p>
<p>29</p> <p>7M at medium pace 7:30a Parktrail Drive at Summerfield Drive</p>	<p>30</p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>1</p> <p>4M at comfortable pace 5:30p 3390 Princeton Drive, SR</p>	<p>2</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>3</p> <p>3M at comfortable pace 5:30p Howarth Park</p>	<p>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (>45M/wk): run as written; Group II (30-45M/wk): 3/4 of workout; Group III (20-30M/wk): 2/3 of workout;</p>	