

September Training Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		4 Begins at Green Township Bicentennial Park - 2885 Diehl Road (Near Mt. Airy Forest off of North Bend) Make your own route today! 7 pm 2 - 5 miles				8 Field Trip! Begins at Friendship Park - downtown - 1135 Riverside Drive (east of Montgomery Inn Boathouse) 8 am 2 - 5.5 miles
2		3	5	6	7	
		11 Begins at Panera Bread - 6330 Glenway Avenue (Glenway Crossing) 7 pm 2-5 miles Bring money for a snack after the session!				15 Begins at Story Woods Park - 694 Pontius (Near Rapid Run Middle School) 8 am 2 - 5.5 miles
9		10	12	13	14	
		18 Begins at Sister's Hill! - Dead End of Delhi at Sisters of Charity - park at the guard rail barricade or in Mt. St. Joe parking lot. 7 pm 2 - 5 miles				22 Begins at Price Hill Chili - 4920 Glenway Avenue 8 am 2 - 5.5 miles Bring money in case you want to go to breakfast afterwards!
16		17	19	20	21	
		25 Begins at Delhi Park - 5125 Foley Road (park at the North End of the lake) 7 pm 2 - 5 miles Park at the North end of the lake				29 Begins at Fernbank Park - Saylor Park (park at the lodge) 8 am 2 - 5.5 miles
23		24	26	27	28	
30						