

Time	Type	Distance	Location	Lead Contact	Phone Number
Monday					
4:30 pm	Trail Run	3-4 mi	Fountain St. near HS Mtn Dr.	Ken Freeman	623-6108
5:45 pm	Easy Run	3-4 mi	Fountain St. near HS Mtn Dr.	Jeff Maxwell	802-4252
Tuesday					
5:45 pm	Easy Run	3-4 mi	430 Prospect	Larry Merriman	627-3041
5:45 pm	WALK	TBD	430 Prospect		
Wednesday					
4:30 pm	Trail Run	3-4 mi	1 st Lookout West Mtn. Summit Dr.	Ken Freeman	623-6108
Thursday					
6:30 am	HSV	TBD	Jessieville School Track	Debbie Hill	922-9619
5:45 pm	Pub Run	3+ mi	Spencer's Corner; Malvern & Bridge	Chris Biagini	922-6121
5:45 pm	WALK	TBD	Spencer's Corner; Malvern & Bridge		
Friday					
(Interested in leading a Friday group run? Let us know.)					
Saturday					
7:00 am Summer Months: 6:30 am	Long Run	4-12+ mi	Transportation Depot; 100 Broadway	Cindy Baswell	276-8870
6:30 am	HSV	varies	Christ of the Hills Church 700 Balearic	Debbie Hill	922-9619
Sunday					
(Interested in leading a Sunday group run? Let us know.)					