

Tuesday, 5:45 pm		Thursday, 5:45 pm		Sunday, 1:30 pm	
Tipton Park, GE Road		Rosa Parks Commons		Underwood Park, Linden Ave	
April 30	5 miles	May 2	5 miles	May 5	10 miles
May 7	7 miles	May 9	7 miles	May 12	15 miles
May 14	10 miles	May 16	10 miles	May 19	20 miles
May 21	12 miles	May 23	12 miles	May 26	25 miles
May 28	15 miles	May 30	15 miles	June 2	30 miles
June 4	20 miles	June 6	20 miles	Saturday, June 8	Spring Metric