

2019 Summer Running Team Workout Schedule (*Revised*)

Date	Location	Time
<i>Early Summer</i>		
June 4	Brashier	8 AM
June 6	Brashier	8 AM
June 11	Heritage Park	8 AM
June 13	Heritage Park	8 AM
June 18	Heritage Park	8 AM
June 20	Old Woodmont HS	8 AM
<i>Mid-Summer</i>		
July 9	Heritage Park	8 AM
July 11	Heritage Park	8 AM
July 16	Heritage Park	8 AM
July 18	Old Woodmont HS	8 AM
<i>Late Summer</i>		
August 6	Heritage Park	8 AM
August 8	Cleveland Park	8 AM
August 12 (Monday)	Brashier	8 AM
<i>Tryouts: Day 1</i>		
August 14 (Wednesday)	Brashier	8 AM
<i>Tryouts: Day 2</i>		
August 17 (Saturday)	Brashier	8 AM

Directions for Heritage Park: Meet at the “Corporate Shelter” near the Train Station

Directions for Cleveland Park (Swamp Rabbit Trail): Meet in the Zoo parking lot

Directions for Old Woodmont High School: 150 Woodmont School Road, Piedmont, 29673

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