

World Vision- Team C.R.O.S.S. Saturday Group Run Schedule

Chicago Marathon 2019

Week	Date	Location	Distance
Base Training			
1	4/20/19	Real Life Community Church – Portage	30 Min (2/1)
2	4/27/19	Real Life Community Church – Portage	35 Min (2/1)
3	5/04/19	Real Life Community Church – Portage	40 Min (3/1)
4	5/11/19	Real Life Community Church – Portage	45 Min (3/1)
5	5/18/19	Real Life Community Church – Portage	50 Min (4/1)
6	5/25/19	Real Life Community Church – Portage	55 Min (4/1)
7	6/01/19	Countryside Park – Portage	60 Min (5/1)
8	6/08/19	Countryside Park – Portage	5K Test Run
Marathon Training			
1	6/15/19	Countryside Park – Portage	5 Miles
2	6/22/19	Countryside Park – Portage	6 Miles
3	6/29/19	Countryside Park – Portage	6 Miles
4	7/06/19	Cleveland/51 Hobart	8 Miles
5	7/13/19	Cleveland/51 Hobart	10 Miles
6	7/20/19	Countryside Park – Portage	10K Test
7	7/27/19	Countryside Park – Portage	12 Miles
8	8/03/19	Cleveland/51 Hobart	13 Miles
9	8/10/19	Cleveland/51 Hobart	10 Miles
10	8/17/19	Cleveland/51 Hobart	15 Miles
11	8/24/19	Countryside Park – Portage	16 Miles
12	8/31/19	Countryside Park – Portage	12 Miles
13	9/07/19	Cleveland/51 Hobart	18 Miles
14	9/14/19	Countryside Park – Portage	14 Miles
15	9/21/19	Cleveland/51 Hobart	20 Miles
16	9/28/19	Countryside Park – Portage	12 Miles
17	10/05/19	TBA	8 Miles
18	10/13/19	Chicago Marathon	26.2 Miles

Team Captains			
Glenda Omeara	(727)389-3656	gomeara29@aol.com	Real Life
Rebecca Shepherd	(312)519-0905	becca48gc@gmail.com	Real Life
Scott Graber	(219)252-9718	sgr6888@gmail.com	Real Life
Dillion Quigg	(219)850-3842	dqspartan8@yahoo.com	Real Life

Base Training: Arrival, Announcements, and Prayer – 7:45 A.M.

Run- 8:00 A.M.

Marathon Training: Arrival, Announcements, and Prayer – 6:45 A.M.

Run- 7:00 A.M.

Please call, text, or email with any questions.