

Week	Date	Location	Distance
Base Training			
1	4/17/2021	Real Life Community Church - Portage	30 Min. (2/1)
2	4/24/2021	Real Life Community Church - Portage	35 Min. (2/1)
3	5/1/2021	Real Life Community Church - Portage	40 Min. (3/1)
4	5/8/2021	Real Life Community Church - Portage	45 Min. (3/1)
5	5/15/2021	Countryside Park - Portage (6K for Water)	50 Min. (4/1)
6	5/22/2021	Countryside Park - Portage	55 Min. (4/1)
7	5/29/2021	Countryside Park - Portage	60 Min. (5/1)
8	6/5/2021	Countryside Park - Portage	5K Test Run

Marathon Training			
1	6/12/2021	Countryside Park - Portage	5 Miles
2	6/19/2021	Countryside Park - Portage	6 Miles
3	6/26/2021	Countryside Park - Portage	6 Miles
4	7/3/2021	Cleveland/51 Hobart	8 Miles
5	7/10/2021	Cleveland/51 Hobart	10 Miles
6	7/17/2021	Countryside Park - Portage	10K Test
7	7/24/2021	Countryside Park - Portage	12 Miles
8	7/31/2021	Cleveland/51 Hobart	13 Miles
9	8/7/2021	Cleveland/51 Hobart	10 Miles
10	8/14/2021	Cleveland/51 Hobart	15 Miles
11	8/21/2021	Countryside Park - Portage	16 Miles
12	8/28/2021	Countryside Park - Portage	12 Miles
13	9/4/2021	Cleveland/51 Hobart	18 Miles
14	9/11/2021	Countryside Park - Portage	14 Miles
15	9/18/2021	Cleveland/51 Hobart	20 Miles
16	9/25/2021	Countryside Park - Portage	12 Miles
17	10/2/2021	TBA - Breakfast	8 Miles
18	10/10/2021	Chicago Marathon	26.2 Miles

Team Captains			
Glenda Omeara	(727)389-3656	gomeara29@aol.com	Real Life
Heather Nafus	(219)929-5453	gocubs2223@comcast.net	Real Life
Tracy Healy	(928)863-0702	tracyhealy14@gmail.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.