

January 2012~Whidbey Island Running Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Beginner/Int./Ad.: 3:45-4:45pm; Fort Nugent Fields	3 Ad. Practice Only: 3:30-4:45pm; Windjammer Park	4 Int./Ad. Practice: 3:45-4:45pm; Fort Nugent Fields	5 Ad. Practice Only: 3:30-4:45pm; Windjammer Park	6 Beginner/Int./Ad.: 3:45-4:45pm; Fort Nugent Fields	7 Advanced Practice, JVMP 9:30am
8	9 Beginner/Int./Ad.: 3:45-4:45pm; Fort Nugent Fields	10 Ad. Practice Only: 3:30-4:45pm; Windjammer Park	11 Int./Ad. Practice: 3:45-4:45pm; Fort Nugent Fields	12 Ad. Practice Only: 3:30-4:45pm; Windjammer Park	13 Beginner/Int./Ad.: 3:45-4:45pm; Fort Nugent Fields	14 Nookachamps Winter Runs 2012, 1/2 Marathon, 10k, 5k--All start at 10:00am @ Skagit Valley College
15	16 NO SCHOOL Beginner/Int./Ad.: 3:00-4:00pm; Fort Nugent Fields	17 Ad. Practice Only: 3:30-4:45pm; Windjammer Park	18 Int./Ad. Practice: 3:45-4:45pm; Fort Nugent Fields	19 Ad. Practice Only: 3:30-4:45pm; Windjammer Park	20 Beginner/Int./Ad.: 3:45-4:45pm; Fort Nugent Fields	21 Advanced Practice, JVMP 9:30am
22	23 Beginner/Int./Ad.: 3:45-4:45pm; Fort Nugent Fields	24 Ad. Practice Only; 3:30-4:45pm; Windjammer Park	25 Int./Ad. Practice: 3:45-4:45pm; Fort Nugent Fields	26 Ad. Practice Only; 3:30-4:45pm; Windjammer Park	27 Beginner/Int./Ad.: 3:45-4:45pm; Fort Nugent Fields	28 Advanced Practice, JVMP 9:30am
29	30 Beginner/Int./Ad.: 3:45-4:45pm; Fort Nugent Fields	31 Ad. Practice Only; 3:30-4:45pm; Windjammer Park	Get the whole family involved in our first Road Race opportunity of the New Year! 5k, 10k, or 1/2 marathon courses. Start is at Skagit Valley College, Mount Vernon. Register by Jan. 10th and pay only, \$30 (1/2 M), \$15 (10K), or \$12 (5k), DOR registration is available. Awards and post-race yummy food inside HEATED gymnasium. Go online to www.active.com , hard copy registration available at practice. Everyone register on their own.			