

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>First race of the Cross-Country season is September 25th! In October please save October 9th for our home meet at the Gallery Golf course, and October 30th for the Rain City Flyers Cross Country meet in Seattle on the same course that will be used for Junior Olympic Associations.</b></p>			<p><sup>1</sup> Intermediate/Ad. 4:00-5:15pm, Windjammer Park</p>	<p><sup>2</sup> Advanced Only 3:30-5:15pm, Windjammer Park</p>	<p><sup>3</sup> Beginner/Int./Ad. 4:00-5:00pm, Windjammer Park</p>	<p><sup>4</sup> Advanced Only 9:30am, meet at JVMP</p>
<p>5</p>	<p><sup>6</sup> NO PRACTICE Labor Day</p>	<p><sup>7</sup> Advanced Only 3:30-5:15pm, Windjammer Park</p>	<p><sup>8</sup> <b>Beginner/Int./Ad. 4:00-5:15pm, Windjammer Park</b></p>	<p><sup>9</sup> Advanced Only 3:30-5:15pm, Windjammer Park</p>	<p><sup>10</sup> Beginner/Int./Ad. 4:00-5:00pm, Windjammer Park</p>	<p><sup>11</sup> Advanced Only 9:30am, meet at JVMP</p> <p><b>Elite Practice 3:00-5:00pm @ Rodeheffer's</b></p>
<p>12</p>	<p><sup>13</sup> Beginner/Int./Ad. 4:00-5:00pm, Windjammer Park</p>	<p><sup>14</sup> Advanced Only 3:30-5:15pm, Windjammer Park</p>	<p><sup>15</sup> Intermediate/Ad. 4:00-5:15pm, Windjammer Park</p>	<p><sup>16</sup> Advanced Only 3:30-5:15pm, Windjammer Park</p>	<p><sup>17</sup> Beginner/Int./Ad. 4:00-5:00pm, Windjammer Park</p>	<p><sup>18</sup> Advanced Only 9:30am, meet at JVMP</p>
<p>19</p>	<p><sup>20</sup> Beginner/Int./Ad. 4:00-5:00pm, Windjammer Park</p>	<p><sup>21</sup> Advanced Only 3:30-5:15pm, Windjammer Park</p>	<p><sup>22</sup> Intermediate/Ad. 4:00-5:15pm, Windjammer Park</p>	<p><sup>23</sup> Advanced Only 3:30-5:15pm, Windjammer Park</p>	<p><sup>24</sup> Beginner/Int./Ad. 4:00-5:00pm, Windjammer Park</p>	<p><sup>25</sup> <b>Cascade Striders Cross Country Invitational, Wilburton Park, Bellevue</b></p>
<p>26</p>	<p><sup>27</sup> Beginner/Int./Ad. 4:00-5:00pm, Windjammer Park</p>	<p><sup>28</sup> Advanced Only 3:30-5:15pm, Windjammer Park</p>	<p><sup>29</sup> Intermediate/Ad. 4:00-5:15pm, Windjammer Park</p>	<p><sup>30</sup> Advanced Only 3:30-5:15pm, Windjammer Park</p>		