



Hot Chocolate 5K/15K 2011

Date	Time	Lecture Topic	Workout Type	Place/Address	What to Bring
9/13/2011 Tuesday	6:30 PM		HR Assessments	North Park Track NE Corner of Argyle and Albany	Water bottle, cap, Wear running clothes Heart Rate Monitor
9/17/2011 Saturday	8:00 AM			Totem Pole	Water bottle, cap, Wear running clothes Heart Rate Monitor
9/20/2011 Tuesday	6:30 PM			Universal Sole 3052 North Lincoln Avenue	Water bottle, cap, Wear running clothes Heart Rate Monitor
9/22/2011 Thursday	6:30 PM			North Park Track NE Corner of Argyle and Albany	Water bottle, cap, Wear running clothes Heart Rate Monitor
9/27/2011 Tuesday	6:30 PM			Universal Sole 3052 North Lincoln Avenue	Water bottle, cap, Wear running clothes Heart Rate Monitor
10/1/2011 Saturday	8:00 AM			Totem Pole	Water bottle, cap, Wear running clothes Heart Rate Monitor
10/4/2011 Tuesday	6:30 PM			Universal Sole 3052 North Lincoln Avenue	Water bottle, cap, Wear running clothes Heart Rate Monitor
10/8/2011 Saturday	8:00 AM			Totem Pole	Water bottle, cap, Wear running clothes Heart Rate Monitor
10/11/2011 Tuesday	6:30 PM		Hills!!	Cricket Hill Montrose and Lakeshore Drive Meet on top of the hill	Water bottle, cap, Wear running clothes Heart Rate Monitor
10/15/2011 Saturday	8:00 AM			Totem Pole	Water bottle, cap, Wear running clothes Heart Rate Monitor
10/18/2011 Tuesday	6:30 PM		Pre-Race	North Park Track NE Corner of Argyle and Albany	Water bottle, cap, Wear running clothes Heart Rate Monitor
10/22/2011 Saturday	8:00 AM			Totem Pole	Water bottle, cap, Wear running clothes Heart Rate Monitor
10/25/2011 Tuesday	6:30 PM		Pre-Race	North Park Track NE Corner of Argyle and Albany	Water bottle, cap, Wear running clothes Heart Rate Monitor
10/29/2011	8:00 AM			Totem Pole	Water bottle, cap, Wear running clothes Heart Rate Monitor
11/1/2011 Tuesday	6:30 PM		Pre-Race	North Park Track NE Corner of Argyle and Albany	Water bottle, cap, Wear running clothes Heart Rate Monitor
11/5/2011 Saturday	Race Day!!				Water bottle, cap, Wear running clothes Heart Rate Monitor