



Fall Run Programs

2011 Hot Chocolate & Hot Cider Group Workout Schedule

WEEK	DATE	TIME	WORKOUT TYPE / TOPIC	INFORMATION	PLACE/ADDRESS	WHAT TO BRING
0	9/6/11 TUES	7:00 PM	KICKOFF MEETING (Meet the Coaches)	Street parking	RUN TODAY - PRAIRIE PATH 476 North Main Street Glen Ellyn, IL	Heart Rate Monitor Casual Attire
	9/13/11 TUES *ATHLETICO	7:00 PM	ASSESSMENTS HEART RATE INFO (Strength/Injury Prevention)	Track located on College in between Park Blvd. and Lambert	COLLEGE OF DUPAGE TRACK 425 Falwell Blvd. (Park Blvd. / College Rd.) Glen Ellyn, IL	Heart Rate Monitor Run Shoes Water Bottle
1	9/17/11 SAT	6:30 AM		Park in Middle school lot off of Herrick Road	HERRICK FOREST PRESERVE Hubble Middle School - 35600 Herrick Road Warrenville, IL	Heart Rate Monitor Run Shoes Water Bottle
	9/20/11 TUES *ATHLETICO	7:00 PM	ASSESSMENTS RUN TECHNIQUE (Proper form/Dynamic WU)	Track located on College in between Park Blvd. and Lambert	COLLEGE OF DUPAGE TRACK 425 Falwell Blvd. (Park Blvd. / College Rd.) Glen Ellyn, IL	Heart Rate Monitor Run Shoes Water Bottle
2	9/24/11 SAT	6:30 AM		Park in Middle school lot off of Herrick Road	HERRICK FOREST PRESERVE Hubble Middle School - 35600 Herrick Road Warrenville, IL	Heart Rate Monitor Run Shoes Water Bottle
	9/27/11 TUES *SOCIAL DINNER	7:00 PM		Track located on College in between Park Blvd. and Lambert	COLLEGE OF DUPAGE TRACK 425 Falwell Blvd. (Park Blvd. / College Rd.) Glen Ellyn, IL	Heart Rate Monitor Run Shoes Water Bottle
3	10/1/11 SAT	6:30 AM		Park in Middle school lot off of Herrick Road	HERRICK FOREST PRESERVE Hubble Middle School - 35600 Herrick Road Warrenville, IL	Heart Rate Monitor Run Shoes Water Bottle
	10/4/11 TUES	7:00 PM		Track located on College in between Park Blvd. and Lambert	COLLEGE OF DUPAGE TRACK 425 Falwell Blvd. (Park Blvd. / College Rd.) Glen Ellyn, IL	Heart Rate Monitor Run Shoes Water Bottle
4	10/8/11 SAT	6:30 AM		Use Glen Ellyn Train Station Parking (South side of Tracks)	RUN TODAY - PRAIRIE PATH 476 North Main Street Glen Ellyn, IL	Heart Rate Monitor Run Shoes Water Bottle
	10/11/11 TUES *SOCIAL DINNER	7:00 PM	HILL REPEATS	Use parking lot at corner of Crescent & Blanchard Rd.	COLLEGE AVE TRAIN STATION 1200 Crescent Avenue (@ Blanchard) Wheaton, IL	Heart Rate Monitor Run Shoes Water Bottle
5	10/15/11	6:30 AM		Use Glen Ellyn Train Station Parking (South side of Tracks)	RUN TODAY - PRAIRIE PATH 476 North Main Street Glen Ellyn, IL	Heart Rate Monitor Run Shoes Water Bottle
	10/18/11 TUES	7:00 PM		Track located on College in between Park Blvd. and Lambert	COLLEGE OF DUPAGE TRACK 425 Falwell Blvd. (Park Blvd. / College Rd.) Glen Ellyn, IL	Heart Rate Monitor Run Shoes Water Bottle
6	10/22/11 SAT *SOCIAL BREAKFAST	6:30 AM		Big parking lot; Restrooms available	DUPAGE SPORTS RIVER COMPLEX 2807 South Washington (@ Royce Rd.) Naperville, IL	Heart Rate Monitor Run Shoes Water Bottle
	10/25/11 TUES	7:00 PM		Track located on College in between Park Blvd. and Lambert	COLLEGE OF DUPAGE TRACK 425 Falwell Blvd. (Park Blvd. / College Rd.) Glen Ellyn, IL	Heart Rate Monitor Run Shoes Water Bottle
7	10/29/11 SAT	6:30 AM		Big parking lot; Restrooms available	DUPAGE SPORTS RIVER COMPLEX 2807 South Washington (@ Royce Rd.) Naperville, IL	Heart Rate Monitor Run Shoes Water Bottle
	11/1/11 TUES *PRE-RACE DINNER	7:00 PM	PRE-RACE	Track located on College in between Park Blvd. and Lambert	COLLEGE OF DUPAGE TRACK 425 Falwell Blvd. (Park Blvd. / College Rd.) Glen Ellyn, IL	Heart Rate Monitor Run Shoes Water Bottle
8	11/5/11 SAT	7:40 AM 8:10 AM	HOT CHOCOLATE 5K HOT CHOCOLATE 15K	*New Course!	GRANT PARK TBD - NEW Course coming! Chicago, IL	CONFIDENCE & SMILES!
	11/6/11 SUN	9:00 AM	HOT CIDER 8mi Run/Walk		DANADA FOREST PRESERVE 35503 Naperville Road Wheaton, IL 60189	CONFIDENCE & SMILES!