

2016 SMLR Marathon Training Schedule---- We leave Lighthouse Beach at 7:15am (except Harms Woods Runs)

thon Training Schedule We	leave L	ightho	use Bea	ach at 7:1	am (except Harms W	oods	Runs)				
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s/ Even More <u>)</u>	Date				Stop 1	<u>@</u> Mile	Stop 2		Stop 3		<u>Finish</u>
	6/4			2	Michigan Shores			3.8			
rch)	6/11	8	10	2	Michigan Shores	1.8	Elder Lane Park	3.8			
Rd)	6/18	9	11	2	Michigan Shores	1.8	Elder Lane Park	3.8			
king Fountain)	6/25	6	8	1	Greenleaf Bathrooms	2.5					
h Ave)	7/2	11	13	2	Langdon Park	2.4	Maple Park	4.7			
Hazel)	7/9	12	14	2	Langdon Park	2.4	GBT @ Ash/Willow	4.6			
st Church)	7/16	9	10	2	Michigan Shores	1.8	Elder Lane Park	3.8			
course)	7/23	14	16	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	Harbor St/Shelton Park	6.5	
ntenance Bldg)	7/30	15	17	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	Harbor St/Shelton Park	6.5	Chocolate Milk
If and Old Orchard Rd)	8/6	13	13	2	Happ Road	2.7	Willow Rd	5.8			
enance/ Comstock PI)	8/13	17	19	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
	8/20	18	20	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
	8/27	13	12	2	Michigan Shores	1.8	Maple Park	4.8			
va Place	9/3	19	20	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
	9/10	13	13	2	Michigan Shores	1.8	GBT @ Ash/Willow	4.6			
	9/17	20	20	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
If and Old Orchard Rd)	9/24	12	12	2	Happ Road	2.7	Willow Rd	5.8			
king Fountain	10/1	8	8	1	Greenleaf Bathrooms	2.5					
	10/9	26.2	26.2								
	es/ Even More) rch) Rd) hking Fountain) h Ave) 'Hazel) ist Church) Course) ntenance Bldg) If and Old Orchard Rd) tenance/ Comstock Pl) Ava Place If and Old Orchard Rd) tenance/ Rd) hking Fountain	es/ Even More) Date 6/4 rch) 6/11 Rd) 6/18 iking Fountain) 6/25 h Ave) 7/2 (Hazel) 7/9 ist Church) 7/16 Course) 7/23 intenance Bldg) 7/30 If and Old Orchard Rd) 8/6 tenance/ Comstock PI) 8/13 8/20 8/27 iva Place 9/3 9/10 9/17 if and Old Orchard Rd) 9/24 iking Fountain 10/1	A lot es/ Even More) Date A lot rch) 6/4 Miles Rd) 6/11 8 Rd) 6/11 8 Rd) 6/18 9 nking Fountain) 6/25 6 h Ave) 7/2 11 'Hazel) 7/9 12 ist Church) 7/16 9 Course) 7/13 14 intenance Bldg) 7/30 15 If and Old Orchard Rd) 8/6 13 kenance/ Comstock PI) 8/13 17 8/20 18 8/27 13 Ava Place 9/3 19 9/10 13 9/10 13 9/17 20 14 if and Old Orchard Rd) 9/24 12 12 iking Fountain 10/1 8 10/1 8	A lot of of s/ Pate Kinore Miles es/ Even More) Date 6/4 Miles rch) 6/11 8 10 Rd) 6/11 8 10 Rd) 6/18 9 11 iking Fountain) 6/25 6 8 h Ave) 7/2 11 13 'Hazel) 7/9 12 14 ist Church) 7/16 9 10 Course) 7/23 14 16 intenance Bldg) 7/30 15 17 If and Old Orchard Rd) 8/6 13 13 kenance/ Comstock PI) 8/13 17 19 Wa Place 9/3 19 20 9/10 13 13 13 9/17 20 20 20 off and Old Orchard Rd) 9/24 12 12 wa Place 9/3 19 20 9/17 20 20 20 9/17 </th <th>A lot of Miles Even More Miles # of stations stations es/ Even More) Date 0/4 of Miles More stations # of stations rch) 6/11 8 10 2 Rd) 6/18 9 11 2 wing Fountain) 6/25 6 8 1 h Ave) 7/2 11 13 2 'Hazel) 7/9 12 14 2 'Hazel) 7/16 9 10 2 'It and Old Orchard Rd) 8/6 13 13 2 Wa Place 9/3 19 20 3 9/10 13 13 2 3 Mirand Old Orchard Rd) 9/24 12 12 2 Wa Place 9/3 19 20 3 9/10 13 13 2 3 Mirand Old Orchard Rd) 9/24 12 12 2</th> <th>A lot of of MilesEven More Miles# of stationsStop 1 Michigan Shoresrch)6/118102Michigan ShoresRd)6/189112Michigan ShoresRd)6/189112Michigan Shoresnking Fountain)6/25681Greenleaf Bathroomsh Ave)7/211132Langdon Park'Hazel)7/912142Langdon Park'Hazel)7/912142Langdon Park'Hazel)7/912142Langdon Park'Hazel)7/912142Langdon Park'Hazel)7/169102Michigan ShoresCourse)7/2314163Michigan Shoresantenance Bldg)7/3015173Michigan Shoresantenance Comstock PI)8/1317193Michigan Shores8/2713122Michigan Shores8/27ava Place9/319203Michigan Shores9/1013132Happ Roadatian Old Orchard Rd)9/24121229/1720203Michigan Shoresatiant10/1881Greenleaf Bathrooms</th> <th>A lot Even of More More # 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