



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

<u>Wk</u>	<u>Route (Turn Arouds: A Lot of Miles/ Even More)</u>	<u>Date</u>	<u>A lot of Miles</u>	<u>Even More Miles</u>	<u># of stations</u>	<u>Stop 1</u>	<u>@ Mile</u>	<u>Stop 2</u>	<u>@ Mile</u>	<u>Stop 3</u>	<u>@ Mile</u>	<u>Finish</u>
0	Sheridan North	6/4			2	Michigan Shores	1.8	Elder Lane Park	3.8			
1	Sheridan North (Willow/Christ Church)	6/11	8	10	2	Michigan Shores	1.8	Elder Lane Park	3.8			
2	Sheridan North (Spruce St/Ravine Rd)	6/18	9	11	2	Michigan Shores	1.8	Elder Lane Park	3.8			
3	South (Edgemere Ct/ Juneway Drinking Fountain)	6/25	6	8	1	Greenleaf Bathrooms	2.5					
4	Sheridan North (Ravine Road/South Ave)	7/2	11	13	2	Langdon Park	2.4	Maple Park	4.7			
5	Green Bay Trail (Scott/Cedar Lane/ Hazel)	7/9	12	14	2	Langdon Park	2.4	GBT @ Ash/Willow	4.6			
6	Sheridan North (Spruce Street/Christ Church)	7/16	9	10	2	Michigan Shores	1.8	Elder Lane Park	3.8			
7	Green Bay Trail (Cedar Lane/Golf Course)	7/23	14	16	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	Harbor St/Shelton Park	6.5	
8	Green Bay Trail (Walden Drive/Maintenance Bldg)	7/30	15	17	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	Harbor St/Shelton Park	6.5	Chocolate Milk
9	Harms Woods (Meet in lot btwn Golf and Old Orchard Rd)	8/6	13	13	2	Happ Road	2.7	Willow Rd	5.8			
10	Green Bay Trail (Golf Course Maintenance/ Comstock Pl)	8/13	17	19	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
11	Green Bay Trail (Ravinia/ Ava Pl)	8/20	18	20	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
12	Sheridan North (South/Scott)	8/27	13	12	2	Michigan Shores	1.8	Maple Park	4.8			
13	Green Bay Trail (Comstock Place/Ava Place	9/3	19	20	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
14	Sheridan North (South Ave)	9/10	13	13	2	Michigan Shores	1.8	GBT @ Ash/Willow	4.6			
15	Green Bay Trail (Ava Place)	9/17	20	20	3	Michigan Shores	1.8	GBT @ Ash/Willow	4.6	GBT@ Maple Hill	7.8	Chocolate Milk
16	Harms Woods (Meet in lot btwn Golf and Old Orchard Rd)	9/24	12	12	2	Happ Road	2.7	Willow Rd	5.8			
17	Lighthouse Beach to Juneway Drinking Fountain	10/1	8	8	1	Greenleaf Bathrooms	2.5					
18	Chicago Marathon	10/9	26.2	26.2								