

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 BD - Craig Walter Cross Train	30 4 miles	1 5 miles BD - Kori Heuss BD - Mike Mullins RM - Mary Schrunk	2 BD - Jenn Schaeffer Cross Train	3 3 miles	4 Rest	5 8 miles RM - Barb Wheelock
6 BD - Jan Schmitt Cross Train	7 4 miles	8 5 miles RM - Erin Pederson	9 Cross Train	10 4 miles	11 Rest	12 10 miles RM - Brendan Finn
13 Cross Train	14 4 miles	15 6 miles RM - Kecia Goodman	16 Cross Train	17 4 miles	18 Rest	19 12 miles BD - Jody Gatewood RM - Beth Henricksen
20 Cross Train	21 3 miles	22 4 miles RM - Julie Vardaman	23 Cross Train	24 3 miles Christmas Eve	25 Christmas Day Rest	26 6 miles RM - Zach Goines
27 Cross Train	28 3 miles	29 4 miles RM - George	30 Cross Train	31 3 miles	1 New Year's Day Rest	2 6 miles BD - Randy Foster RM - Kecia Goodman

Team Vardo, AARC, Central Iowa Events, Route Master Duty, Vardo Birthdays

Jan 2010 (Central Time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Cross Train	28 3 miles	29 4 miles RM - George	30 Cross Train	31 3 miles	1 New Year's Day Rest	2 6 miles BD - Randy Foster RM - Kecia Goodman
3 Cross Train	4 3 miles	5 4 miles RM - Adam Foley	6 Cross Train	7 3 miles BD - Jamile Shirley	8 Rest	9 5 miles Disney Marathon RM - Rich Bundy
10 Cross Train Disney Marathon	11 3 miles	12 3 miles - 1/2 5 miles - M RM - John Moran	13 Cross Train	14 3 miles	15 Rest	16 4 miles - 1/2 8 miles - M RM - Julie Vardaman
17 Cross Train Houston Marathon Phoenix Marathon	18 3 miles	19 3 miles - 1/2 5 miles - M RM - Art Barton	20 Cross Train	21 3 miles	22 Rest	23 5 miles - 1/2 5 miles - M RM - George
24 Cross Train	25 3 miles	26 3 miles - 1/2 5 miles - M RM - Kori Heuss	27 Cross Train	28 3 miles	29 Rest	30 10 miles - M 4 miles - 1/2 Karen Klotzbach BD RM - Mike Mullins
31 Cross Train	1 3 miles - 1/2 4 miles - M	2 3 miles - 1/2 6 miles - M RM - Barb Wheelock	3 Cross Train	4 3 miles - 1/2 4 miles - M	5 Rest	6 12 miles - M 6 miles - 1/2 BD - Beth Henriksen RM - Schmitt Klan Rosy-Cheeks Run

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Cross Train	1 3 miles - 1/2 4 miles - M	2 3 miles - 1/2 6 miles - M RM - Barb Wheelock	3 Cross Train	4 3 miles - 1/2 4 miles - M	5 Rest	6 12 miles - M 6 miles - 1/2 BD - Beth Henriksen RM - Schmitt Klan Rosy-Cheeks Run
7 BD - Heather Greenlee Cross Train	8 3 miles - 1/2 4 miles - M BD - Tim Gartin	9 4 miles RM - Katie Larson	10 Cross Train	11 3 miles - 1/2 4 miles - M	12 Rest	13 4 miles - 1/2 6 miles - M Red Flannel Run RM - Kris Franken
14 Cross Train	15 4 miles	16 4 miles - 1/2 6 miles - M RM - Heather	17 Cross Train	18 3 miles - 1/2 4 miles - M	19 Rest	20 13 miles - M 7 miles - 1/2 RM - Jeff Margrett
21 Cross Train	22 4 miles	23 4 miles - 1/2 7 miles - M RM - Russ & Kathy	24 Cross Train	25 3 miles - 1/2 4 miles - M BD - Megan Colvin	26 Rest	27 14 miles - M 8 miles - 1/2 Cowtown Marathon RM - Rusty Hutchison
28 Cross Train	1 4 miles BD - Randy Sacco	2 4 miles RM - Mary Schrunk	3 Cross Train	4 4 miles	5 Rest	6 6 miles - 1/2 8 miles - M RM - Tim Fencil

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28 Cross Train	1 4 miles BD - Randy Sacco	2 4 miles RM - Mary Schrunk	3 Cross Train	4 4 miles	5 Rest	6 6 miles - 1/2 8 miles - M RM - Tim Fencil
7 Cross Train	8 4 miles - 1/2 5 miles - M	9 4 miles - 1/2 8 miles - M BD - Erik Roys RM - Hillary Olson	10 Cross Train	11 4 miles - 1/2 5 miles - M	12 Kecia Goodman BD Rest	13 15 miles - M 9 miles - 1/2 Mary Schrunk BD RM - Beth Henriksen
14 Cross Train	15 5 miles	16 5 miles - 1/2 8 miles - M RM - Greg Wool	17 Cross Train	18 5 miles	19 Art Barton BD Rest	20 10 miles - 1/2 16 miles - M Long Haul in Your O'Round the Loch 1/2 RM - Jody Gatewood
21 Cross Train	22 4 miles - 1/2 5 miles - M	23 4 miles - 1/2 6 miles - M RM - Laura Merrick	24 Cross Train	25 4 miles - 1/2 5 miles - M	26 Rest	27 12 miles - M 6 miles - 1/2 RM - Mike Clayton
28 Cross Train	29 6 miles	30 6 miles - 1/2 9 miles - M BD - Delphine Weiss RM - Craig Walter Sara Lehman BD	31 Cross Train	1 5 miles	2 Rest	3 11 miles - 1/2 17 miles - M RM - Ron Mowers &

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Cross Train	29 6 miles	30 6 miles - 1/2 9 miles - M BD - Delphine Weiss RM - Craig Walter Sara Lehman BD	31 Cross Train	1 5 miles	2 Rest	3 11 miles - 1/2 17 miles - M RM - Ron Mowers &
4 Cross Train	5 5 miles - 1/2 6 miles - M	6 6 miles - 1/2 9 miles - M RM - Natalie Welter	7 BD - Hillary Olson Cross Train	8 5 miles BD - Cori Peterson	9 Rest	10 12 miles - 1/2 18 miles - M RM - Mike Wheelock
11 Cross Train	12 3 miles - 1/2 6 miles - M	13 3 miles - 1/2 5 miles - M RM - Randy Foster	14 Cross Train	15 3 miles - 1/2 5 miles - M	16 Rest	17 10 miles - M 6 miles - 1/2 RM - Sara Lehman
18 Cross Train	19 3 miles - 1/2 6 miles - M Boston Marathon	20 3 miles - 1/2 7 miles - M RM - Bill Pattinson	21 Cross Train	22 3 miles - 1/2 5 miles - M Kirstin Peterson BD	23 Rest	24 13 miles Drake Marathon RM - Cori Peterson SCAVMA Scamper (?)
25 Cross Train Oklahoma City	26 3 miles - 1/2 6 miles - M BD - Eric Esser	27 10 miles - M 3 miles - 1/2 RM - Chris Keenan	28 Cross Train	29 3 miles - 1/2 5 miles - M	30 Rest	1 20 miles - M 6 miles - 1/2 Flying Pig Marathon Pilot Knob 15 K RM - Randy Sacco Siouxperman Tri

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
Cross Train	3 miles - 1/2	10 miles - M	Cross Train	3 miles - 1/2	Rest	20 miles - M
Oklahoma City	6 miles - M	3 miles - 1/2		5 miles - M		6 miles - 1/2
	BD - Eric Esser	RM - Chris Keenan				Flying Pig Marathon
						Pilot Knob 15 K
						RM - Randy Sacco
						Siouxperman Tri
2	3	4	5	6	7	8
Cross Train	3 miles - 1/2	4 miles - 1/2	Cross Train	4 miles - 1/2	Rest	15 miles - M
Lincoln Marathon	5 miles - M	8 miles - M		5 miles - M		8 miles - 1/2
		RM - Tim Rasmussen				RM - Chris Delaney
9	10	11	12	13	14	15
Cross Train	4 miles - 1/2	10 miles - M	Cross Train	4 miles - 1/2	Rest	20 miles - M
	6 miles - M	5 miles - 1/2		5 miles - M		9 miles - 1/2
		BD - Stacey Roberts				RM - Jamile Shirley
		RM - Erin Pederson				
16	17	18	19	20	21	22
Cross Train	5 miles	5 miles - 1/2	Cross Train	5 miles	Rest	10 miles - 1/2
Green Bay Marathon		8 miles - M		Chris Keenan BD		15 miles - M
Ironman 70.3 Florida		RM - Kirstin Peterson				RM - Benjamin
23	24	25	26	27	28	29
Bluff Creek Tri	3 miles - 1/2	10 miles - M	BD - Natalie Welter	3 miles - 1/2	Rest	20 miles - M
Cross Train	5 miles - M	4 miles - 1/2	Cross Train	5 miles - M		6 miles - 1/2
		RM - Kecia Goodman				George Klotzbach BD
						RM - Dave Eisenbast
30	31	1	2	3	4	5
Cross Train	3 miles - 1/2	4 miles - 1/2	Cross Train	3 miles - 1/2	Rest	(D2D) Dam to Dam
Madison Marathon	5 miles	6 miles - M		4 miles - M		
	BD - Lisa Wehr	RM - Tom Schultz				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
Cross Train	3 miles - 1/2	4 miles - 1/2	Cross Train	3 miles - 1/2	Rest	(D2D) Dam to Dam
Madison Marathon	5 miles	6 miles - M		4 miles - M		
	BD - Lisa Wehr	RM - Tom Schultz				
6	7	8	9	10	11	12
Copper Creek Tri	3 miles	4 miles	Cross Train	3 miles	Rest	8 miles
Cross Train		RM - Linda Lehman		Margaret Epplin BD		RM - Paul Kallio
Ironman 70.3 Kansas		Tim Rasmussen BD				
Pigman Sprint Tri						
13	14	15	16	17	18	19
Cross Train	4 miles	3 miles	Cross Train	2 miles	BD - Linda Lehman	6 miles
Hy Vee Tri	Kathy Laczniak BD	RM - Eric Esser			Rest	Grandma's Marathon
Sandhills Marathon						RM - Tim Gartin
20	21	22	23	24	25	26
Cross Train	4 miles	6 miles	Cross Train	4 miles	Rest	8 miles
		Bill Pattinson BD				RM - Andy Ryder
		RM - Carver Nebbe				
27	28	29	30	1	2	3
Big Foot Tri	4 miles	6 miles	Cross Train	Dave Eisenbast BD	Rest	
Cross Train		RM - Amy Hutchison		Ron Mowers BD		
Greg Wool						