

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Cross Train	1 4 miles	2 6 miles RM - Brett Carney &	3 Cross Train	4 3 miles	5 Rest	6 12 miles RM - Chris Delaney
7 Cross Train	8 3 miles Tim Rasmussen BD	9 4 miles RM - Mike Clayton	10 Cross Train Margaret Epplin BD	11 3 miles	12 Rest	13 8 miles RM - Carver Nebbe
14 Cross Train Kansas 70.3 Tri Kathy Laczniak BD	15 4 miles	16 3 miles RM - Kris Franken	17 Cross Train	18 2 miles BD - Linda Lehman	19 Rest	20 12 miles Grandma's Marathon Quad Cities Tri RM - Jenny Bethurem
21 Cross Train	22 4 miles Bill Pattinson BD	23 4 miles RM - Art Barton	24 Cross Train	25 3 miles	26 Rest	27 8 miles Greg Wool R & R Seattle RM - Beth Henrikson
28 Cross Train Hy Vee Tri	29 4 miles	30 1/2 - 3 miles 5 miles RM - Kori Heuss	1 Cross Train Dave Eisenbast BD Ron Mowers BD	2 1/2 - 4 miles M - 4 miles	3 Rest	4 1/2 - 6 miles 4 on the 4th Independence Day M - 10 miles RM - Linda Lehman

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

Jul 2009 (Central Time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
Cross Train	4 miles	1/2 - 3 miles	Cross Train	1/2 - 4 miles	Rest	1/2 - 6 miles
Hy Vee Tri		5 miles	Dave Elsenbast BD	M - 4 miles		4 on the 4th
		RM - Kori Heuss	Ron Mowers BD			Independence Day
						M - 10 miles
						RM - Linda Lehman
5	6	7	8	9	10	11
Cornman Tri	1/2 - 3 miles	1/2 - 4 miles	Cross Train	1/2 - 3 miles	BD - Chris Crippen	1/2 - 7 miles
Cross Train	M - 4 miles	M - 6 miles		M - 4 miles	Rest	M - 11 miles
		RM - Rich Bundy				Madness 5K & 10K
						RM - Randy Foster
12	13	14	15	16	17	18
Cross Train	1/2 - 3 miles	1/2 - 4 miles	Cross Train	1/2 - 3 miles	Rest	1/2 - 8 miles
Iowa Games Tri	M - 5 miles	M - 8 miles		M - 5 miles		Erin Pederson BD
		RM - George				M - 15 miles
						Okoboji Marathon, 1/2
						RM - Hillary Olson
19	20	21	22	23	24	25
Cross Train	1/2 - 3 miles	1/2 - 4 miles	Cross Train	1/2 - 3 miles	Rest	1/2 - 6 miles
	BD - Mike Wheelock	M - 6 miles		BD - Tim FencI		BD - Dan Nutini
	M - 4 miles	RM - Tom Schultz		M - 4 miles		BIX 7 mile
						M - 12 miles
						RM - Mike Mullins
26	27	28	29	30	31	1
Cross Train	1/2 - 4 miles	1/2 - 5 miles	Cross Train	1/2 - 4 miles	Rest	1/2 - 9 miles
	BD - Carver Nebbe	M - 7 miles		BD - Jeff Margaret		M - 13 miles
	M - 5 miles	RM - Schmitt Klan		M - 5 miles		RM - Mike Clayton

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Cross Train	27 1/2 - 4 miles BD - Carver Nebbe M - 5 miles	28 1/2 - 5 miles M - 7 miles RM - Schmitt Klan	29 Cross Train	30 1/2 - 4 miles BD - Jeff Margaret M - 5 miles	31 Rest	1 1/2 - 9 miles M - 13 miles RM - Mike Clayton
2 Big Creek Tri Brewhouse Triathlon Chicago RNR 1/2 Cross Train National Senior Games	3 1/2 - 4 miles M - 5 miles	4 1/2 - 5 miles M - 8 miles Tim Rasmussen	5 Cross Train	6 1/2 - 4 miles M - 5 miles	7 Laura Merrick BD Rest	8 1/2 - 10 miles M - 15 miles RM - Tim Fencil
9 Cross Train	10 1/2 - 3 miles M - 5 miles	11 1/2 - 4 miles DM/Chic/TC - 9 miles FC - 10 miles RM - Jeff Margrett	12 Cross Train	13 1/2 - 3 miles M - 5 miles	14 Rest	15 1/2 - 6 miles DM/Chic/TC - 17 FC - 20 miles RM - Julie Vardaman
16 Cross Train Pigman 1/2 Ironman	17 1/2 - 4 miles M - 5 miles	18 1/2 - 6 miles M - 8 miles RM - Megan Colvin	19 Cross Train	20 1/2 - 5 miles M - 5 miles	21 Rest	22 1/2 - 11 miles Dog Days Tri M - 15 miles RM - Cori Peterson
23 BD - Tom Schultz Cross Train Hickory Grove Tri Russ Lacznik BD	24 1/2 - 4 miles M - 5 miles	25 1/2 - 7 miles DM/Chic - 9 miles John Moran BD RM - Dan Nutini TC/FC - 10 miles	26 Cross Train	27 1/2 - 5 miles M - 5 miles	28 Rest	29 1/2 - 12 miles DM/Chic - 18 miles Leapfrog Bike & Run RM - Natalie Welter TC/FC - 20 miles
30 BD - Mike Clayton Cross Train Ironman Canada	31 1/2 - 3 miles DM/Chic/TC - 5 miles FC - 4 miles	1 1/2 - 4 miles Chic - 10 miles DM/TC - 8 miles FC - 6 miles RM - Bill Pattinson	2 Cross Train	3 1/2 - 3 miles DM/Chic/TC - 5 miles FC - 3 miles	4 Rest Run 4 Cystic Fibrosis	5 1/2 - 6 miles BD - Adam Foley Chic - 20 miles DM/TC - 15 miles FC - 12 miles Madrid Milers 2, 5 & RM - Tim Gartin

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

Oct 2009 (Central Time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
Capital Pursuit 10	1/2 - 4 miles	1/2 - 7 miles	Cross Train	1/2 - 5 miles	Rest	1/2 - 12 miles
Cross Train	DM/Chic - 4 miles	Chic - 4 miles		DM/Chic - 3 miles		Chic - 8 miles
	TC - 3 miles	DM - 6 miles		TC - 2 miles		DM - 12 miles
		RM - Kirstin Peterson				Pi Mile Run
		TC - 3 miles				RM - Dave Elsenbast
						TC - Rest
4	5	6	7	8	9	10
Cross Train	1/2 - 3 miles	1/2 - 4 miles	BD - Rich Bundy	1/2 - 3 miles	Rest	1/2 - 6 miles
Running with Heart 5K	3 miles	Chic - 3 miles	Cross Train	Chic - 2 miles		Chic - Rest
Treadman Duathlon		DM - 4 miles		DM - 3 miles		DM - 8 miles
Twin Cities Marathon		RM - Jamile Shirley				RM - Laczniak Klan
11	12	13	14	15	16	17
Chicago Marathon	1/2 - 3 miles	1/2 - 3 miles	Cross Train	1/2 - 2 miles	BD - Katie Bradshaw	1/2 - Rest
Cross Train	3 miles	DM - 3 miles		DM - 2 miles	Rest	6 miles
Run 4 Roses 5K & 10K		RM - Ron Mowers &				DM - Rest
						RM - Eve Wurtele
18	19	20	21	22	23	24
Cross Train	3 miles	4 miles	BD - Julie Vardaman	3 miles	BD - Danielle Wain	6 miles
DM Marathon & 1/2		BD - Joyce Hagley	Cross Train	BD - Roman Lynch	Rest	BD - Brett Carney
Nike Women's		RM - Paul Kallio				RM - Greg Wool
25	26	27	28	29	30	31
Cross Train	4 miles	5 miles	Cross Train	4 miles	Rest	8 miles
Mason City Marathon,		RM - Lisa Mondt				Brendan Finn - BD
						Halloween
						RM - Kori Heuss

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cross Train New York Marathon	2 4 miles	3 5 miles RM - Laura Merrick	4 BD - Stephanie Bundi Cross Train	5 4 miles	6 Rest	7 10 miles BD - Bill Schmitt RM - Kris Franken
8 Cross Train	9 3 miles BD - Chris Delany	10 4 miles RM - Mike Mullins	11 Cross Train	12 3 miles	13 Rest	14 6 miles RM - Craig Walter
15 Cross Train	16 3 miles	17 4 miles RM - Tim Fencel	18 Cross Train	19 3 miles	20 Rest	21 7 miles LHF Off Road Race RM - Roman Lynch
22 Cross Train	23 3 miles	24 3 miles RM - Tim Gartin	25 Cross Train	26 3 miles Thanksgiving Day Turkey Trots Galore	27 BD - John Moran Rest	28 5 miles RM - Chris Keenan
29 BD - Craig Walter Cross Train	30 4 miles BD - Johathan Wendel	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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 BD - Craig Walter Cross Train	30 4 miles BD - Johathan Wendel	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 BD - Randy Foster