

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

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

Jul 2010 (Central Time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Big Foot Tri Cross Train Greg Wool	28 4 miles	29 6 miles RM - Amv Hutchison	30 Cross Train	1 4 miles Dave Eisenbast BD Ron Mowers BD	2 Rest	3 1/2M-4 miles Adam Folev M-10 miles
4 4 on 4th Events Cross Train Independence Day	5 3 miles	6 1/2-3 miles M-6 miles Natalie Welter	7 BD - Rustv Cross Train	8 3 miles	9 Rest	10 1/2M-3 miles BD - Chris Crippen Chris Delaney M-12 miles Midnight Madness
11 Cornman Triathlon Cross Train Iowa Games	12 3 miles	13 1/2M-3 miles M-7 miles Rustv Hutchison	14 Cross Train	15 3 miles Iowa Games Track &	16 Iowa Games Track & Rest	17 1/2M-4 miles Iowa Games Track & M-14 miles Mike Mullins Okoboi Events
18 Cross Train Erin Pederson BD Iowa Games Track & Ironman 70.3 Racine	19 3 miles	20 1/2M-3 miles BD - Mike Wheelock M-5 miles Randy Foster	21 Cross Train	22 3 miles	23 BD - Tim Fencil Rest	24 1/2M-5 miles BD - Steve Kenton Bix 7 M-10 miles Sara Lehman
25 BD - Dan Nutini Cross Train	26 4 miles	27 1/2M-3 miles BD - Carver Nebbe M-7 miles Mike Clavton	28 Cross Train	29 3 miles	30 BD - Jeff Margaret Rest	31 1/2M-6 miles Dave Eisenbast M-15 miles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cross Train	2 4 miles	3 1/2M-3 miles Linda Lehman M-8 miles	4 Cross Train	5 4 miles BD - Tiffany Butler	6 Rest	7 1/2M-4 miles Laura Merrick BD M-17 miles Rich Bundv
8 Big Creek Triathlon Cross Train	9 4 miles	10 1/2M-4 miles Jamile Shirlev M-9 miles	11 Cross Train	12 4 miles	13 Rest	14 1/2M-7 miles BD - Benjamin Chris Keenan M-18 miles
15 Cross Train	16 5 miles	17 1/2M-4 miles M-8 miles Tom Schultz	18 Cross Train	19 5 miles	20 Rest	21 1/2M-8 miles Carla Danielson M-15 miles
22 Big Pia Triathlon Cross Train Minneapolis 1/2	23 5 miles BD - Tom Schultz Russ Laczniak BD	24 1/2M-5 miles George Klotzbach M-10 miles	25 Cross Train John Moran BD	26 5 miles	27 Rest	28 1/2M-9 miles M-20 miles Schmitt Crew
29 Cross Train Hickory Grove Minneapolis	30 5 miles BD - Mike Clayton	31 1/2M-3 miles Barb Wheelock M-8 miles	1 Cross Train	2 5 miles	3 Rest	4 1/2M-6 miles Erin Pederson M-15 miles

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29 Cross Train Hickory Grove Minneapolis	30 5 miles BD - Mike Clavton	31 1/2M-3 miles Barb Wheelock M-8 miles	1 Cross Train	2 5 miles	3 Rest	4 1/2M-6 miles Erin Pederson M-15 miles
5 BD - Adam Foley Cross Train	6 5 miles	7 1/2M-5 miles Julie Vardaman M-10 miles	8 Cross Train Paul Kallio BD	9 5 miles	10 Rest	11 1/2M-10 miles Hillarv Olson M - 20 miles Park to Park 1/2
12 Cross Train Ironman Wisconsin	13 5 miles	14 6 miles Mary Schrunk	15 Cross Train	16 4 miles	17 Rest	18 1/2M-11 miles M-12 miles North Face Paul Kallio
19 Cross Train Ironman 70.3 North Face	20 5 miles	21 1/2M-6 miles DMM-10 miles Eric Esser TCM-4 miles	22 Cross Train	23 DMM & 1/2M-5 miles TCM-4 miles	24 Rest	25 1/2M-12 miles BD - Tim Moran DMM-20 miles Kecia Goodman Redman Full TCM-8 miles
26 BD - Kris Franken Capital Pursuit Cross Train Omaha 1/2 Toronto Waterfront	27 4 miles	28 1/2M-4 miles DMM-6 miles Greg Wool TCM-3 miles	29 Cross Train	30 1/2M-3 miles DMM-4 miles TCM-2 miles	1 Rest	2 1/2M-8 miles DMM-12 miles (TCM- Mowers/Epplin Crew

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

Oct 2010 (Central Time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 BD - Kris Franken Capital Pursuit Cross Train Omaha 1/2 Toronto Waterfront	27 4 miles	28 1/2M-4 miles DMM-6 miles Greg Wool TCM-3 miles	29 Cross Train	30 1/2M-3 miles DMM-4 miles TCM-2 miles	1 Rest	2 1/2M-8 miles DMM-12 miles (TCM- Mowers/Epplin Crew
3 Cross Train Twin Cities	4 4 miles	5 1/2M-3 miles Beth Henriksen M-4 miles	6 Cross Train	7 3 miles BD - Rich Bundv	8 Rest	9 1/2M-4 miles Bill Pattinson M-8 miles
10 Cross Train Run 4 the Roses	11 1/2M-3 miles M-4 miles	12 3 miles Joyce Hagley	13 Cross Train	14 2 miles	15 Rest	16 6 miles BD - Katie Bradshaw DMM & 1/2M-rest Kirstin Brooks
17 Cross Train Des Moines 1/2 Des Moines Full	18 3 miles	19 5 miles BD - Tracy Nicholson John Moran	20 BD - Joyce Hagley BD - Stephanie Cross Train	21 3 miles BD - Andy Rvder BD - Julie Vardaman	22 BD - Roman Lynch Rest	23 7 miles BD - Danielle Wain Laczniak Crew
24 BD - Brett Carnev Cross Train	25 4 miles	26 3 miles Kori Heuss	27 Cross Train	28 4 miles	29 Rest	30 6 miles Craig Micklev Monster 10 Miler Monster Dash 1/2
31 Athens Marathon Brendan Finn - BD Cross Train Halloween	1 3 miles	2 4 miles Amv Hutchison	3 Cross Train	4 3 miles	5 Rest	6 8 miles Ironman Florida Tim Gartin

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31 Athens Marathon Brendan Finn - BD Cross Train Halloween	1 3 miles	2 4 miles Amv Hutchison	3 Cross Train	4 3 miles	5 Rest	6 8 miles Ironman Florida Tim Gartin
7 BD - Bill Schmitt Cross Train	8 3 miles	9 5 miles BD - Chris Delany Heike Hofmann	10 Cross Train	11 4 miles BD - Amv Hutchison	12 Rest	13 10 miles Tim FencI
14 Cross Train	15 4 miles	16 3 miles Jennifer Margrett	17 Cross Train	18 3 miles	19 Rest	20 7 miles Kelli Bever LHF Race
21 Cross Train	22 3 miles	23 4 miles Steve Kenton	24 Cross Train	25 3 miles	26 Rest	27 5 miles Andv Rvder
28 BD - Craig Micklev Cross Train	29 3 miles BD - Craig Walter	30 4 miles Lisa Mondt	1 BD - Kori Heuss BD - Mike Mullins Cross Train	2 3 miles BD - Jenn Schaeffer	3 Rest	4 8 miles Kris Franken

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28 BD - Craig Micklev Cross Train	29 3 miles BD - Craig Walter	30 4 miles Lisa Mondt	1 BD - Kori Heuss BD - Mike Mullins Cross Train	2 3 miles BD - Jenn Schaeffer	3 Rest	4 8 miles Kris Franken
5 Cross Train	6 4 miles BD - Jan Schmitt	7 3 miles Tracy Nicholson	8 BD - Jennifer Cross Train	9 4 miles	10 Rest	11 6 miles Sarah Shore
12 Cross Train	13 4 miles	14 5 miles Kecia Goodman	15 Cross Train	16 4 miles	17 Rest	18 10 miles Schmitt Crew
19 BD - Jody Gatewood Cross Train	20 4 miles	21 3 miles Natalie Welter	22 Cross Train	23 3 miles	24 Christmas Eve Rest	25 5 miles Christmas Day George Klotzbach
26 Cross Train	27 4 miles	28 3 miles Marv Schrunk	29 Cross Train	30 4 miles	31 Rest	1 6 miles Laczniak Crew New Year's Day