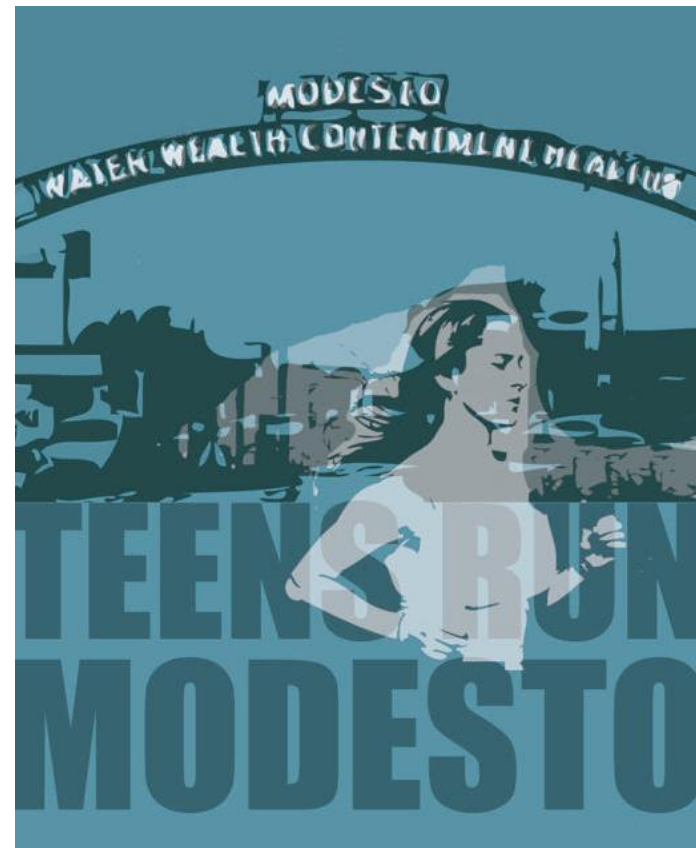


Teens Run Modesto
Training Calendar
2013-14



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September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5 Rosh Hashanah	6	7
8 Grandparents Day	9	10	11 Patriot Day	12	13	14 Yom Kippur
15	16	17	18	19	20	21
22 Autumnal equinox	23 Walk 20 min.	24 Walk 20 min.	25	26 Walk 20 min.	27	28 Walk 20 min.
29	30 Run/Walk 20 min.	Run/Walk 20 min.		Run/Walk 20 min.		

October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Run/Walk 30 min.
6	7 Run/Walk 25 min.	8 Run/Walk 35 min.	9	10 Run/Walk 35 min.	11	12 Run/Walk 40 min. Riverbank Cheese and Wine
13	14 <i>Columbus Day</i> Run/Walk 30 min.	15 Run/Walk 40 min.	16	17 Run/Walk 40 min.	18	19 Run/Walk 3 miles
20	21 Run/Walk 35 min.	22 Run/Walk 35 min.	23	24 <i>United Nations Day</i> Run/Walk 35 min.	25	26 Run/Walk 35 min. Halloween Fun Run La Loma Park
27	28 Run/Walk 40 min.	29 Run/Walk 35 min.	30	31 <i>Halloween</i> Run/Walk 40 min.		

November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Run/Walk 45 min.
3 Daylight Saving	4 Run 25 min.	5 Run 25 min.	6	7 Run 25 min.	8	9 5 miles
10	11 Veterans Day Run 25 min.	12 Run 30 min.	13	14 Run 25 min.	15	16 6 miles
17	18 Run 25 min.	19 Run 20 min.	20	21 Run 25 min.	22	23 8 miles
24	25 4 mi	26 Run 25 min.	27	28 Thanksgiving 3 mi Turkey Trot	29	30 9 miles

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 3 mi	3 4 mi	4 3 mi	5 3 mi	6	7 9 mi
8	9 3 mi	10 4 mi	11	12 4 mi	13	14 6 mi Spirit of Giving
15	16 3 mi	17 4 mi	18	19 3 mi	20	21 Dec. Solstice 12 mi
22	23 3 mi	24 Christmas Eve 5 mi	25 Christmas Day	26 Kwanzaa begins 3 mi	27	28 10 or Flat Arch on Sunday
29 10 mi Flat Arch	30 3 mi	31 New Year's Eve 5 mi				

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day	2 3 mi	3	4 14 mi
5	6 4 mi	7 5 mi	8	9 4 mi	10	11 10 mi
12	13 4 mi	14 6 mi	15	16 4 mi	17	18 16 mi
19	20 ML King Day 4 mi	21 6 mi	22	23 4 mi	24	25 10 mi
26	27 4 mi	28 7 mi	29	30 4 mi	31 Chinese New Year	

February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 18 mi
2 Groundhog Day	3 5 mi	4 8 mi	5	6 5 mi	7	8 10 mi
9	10 5 mi	11 8 mi	12 Lincoln's B-Day	13 5 mi	14 Valentine's Day	15 20 mi
16	17 Presidents' Day 5 mi	18 8 mi	19	20 5 mi	21	22 10 mi
23	24 5 mi	25 8 mi	26	27 5 mi	28	22 mi

March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 5 mi	4 8 mi	5	6 5 mi	7	8 9 mi
9 Daylight Saving	10 3 mi	11 5 mi	12	13 3 mi	14	15 8 mi
16	17 St. Patrick's Day 3 mi	18 5 mi	19	20 Vernal equinox 3 mi	21	22 Expo and Pasta Dinner
23 MARATHON	24	25	26	27	28	29
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Celebration Dinner on April 4th at 6pm at the Crosspoint Church Pavillion </div>						