

Week	Sunday Long Run				Route
	Date	Novice	Intermediate	Advanced	
1	16-Jun	6	8	10	West- Gazebo to Zero & Back
2	23-Jun	7	9	11	East- Gazebo to MSL & Back
3	30-Jun	5	6	8	East- Gazebo to MSL & Back
4	7-Jul	9	11	13	West- Gazebo to Zero to County Farm & Back
5	14-Jul	10	12	14	East- Gazebo to MSL to VP & Back
6	21-Jul	7	9	10	West- Gazebo to Zero & Back
7	28-Jul	12	14	16	W/E- Gazebo to Zero to County Farm & Back. Then MSL & Back
8	4-Aug	13	15	17	E/W- Gazebo to MSL to VP & Back. Then Zero & Back
9	11-Aug	10	11	12	West- Gazebo to Zero to County Farm & Back
10	18-Aug	15	17	19	West- Gazebo to Zero to Weisbrook to Zero to CF to Zero & Back
11	25-Aug	16	18	20	West- Gazebo to Zero to Weisbrook to Zero to CF to Zero & Back
12	1-Sep	12	13	12	East-Gazebo to MSL to VP & Back
13	8-Sep	18	20	21	E/W- Gazebo to MSL to VP & Back. Then Gazebo to Zero to Weisbrook & Back
14	15-Sep	14	12	12	West- Gazebo to Zero to County Farm & Back
15	22-Sep	20	21	22	E/W- Gazebo to MSL to VP & Back. Then Gazebo to Zero to County Farm & Back
16	29-Sep	12	12	12	East- Gazebo to MSL to VP & Back
17	6-Oct	8	8	8	West- Gazebo to Zero & Back
18	13-Oct	Chicago		MARATHON	