

2017 St. Joseph Jaguar Summer Running Club



The school year is coming to an end, but the Summer Running Club is just beginning!!

- All ages/grades are welcome to participate - parents and grandparents too!!
- Each run will last approximately 45 min
- Runners will be grouped according to age and experience - first timers welcome!!
- No commitment to run cross country in the fall
- Excellent way to get in shape for any fall sport
- Specially designed club T-shirt to all runners who attend 7 times!
- No cost to participate and no registration needed - just show up and run!!
- Questions? Contact Coach Riley at bryanriley33@gmail.com or 330-703-9761

DATE	DAY	TIME	LOCATION	WORKOUT	ATTENDEES
12-Jun	MON	6:00 PM	Stranahan Elementary	Base (15-20 min)	7-8 Grade Only
13-Jun	TUES	6:00 PM	Secor Metropark	Base	All
15-Jun	THUR	6:00 PM	Stranahan Elementary	Base	7-8 Grade Only
17-Jun	SAT	9:00 AM	Olander Park	Base	All
19-Jun	MON	6:00 PM	Stranahan Elementary	Long (20-25 min)	7-8 Grade Only
20-Jun	TUES	6:00 PM	Secor Metropark	Base	All
22-Jun	THUR	6:00 PM	Stranahan Elementary	Base	7-8 Grade Only
24-Jun	SAT	9:00 AM	Olander Park	Base	All
26-Jun	MON	6:00 PM	Stranahan Elementary	Long (25-30 min)	7-8 Grade Only
27-Jun	TUES	6:00 PM	Secor Metropark	Base	All
29-Jun	THUR	6:00 PM	Stranahan Elementary	Base	7-8 Grade Only
1-Jul	SAT	9:00 AM	Olander Park	Base	All
3-Jul	MON	6:00 PM	Secor Metropark	Base	All
6-Jul	THUR	6:00 PM	Stranahan Elementary	Base	7-8 Grade Only
8-Jul	SAT	9:00 AM	Olander Park	Base	All
10-Jul	MON	6:00 PM	Stranahan Elementary	Long (30-35 min)	7-8 Grade Only
11-Jul	TUES	6:00 PM	Secor Metropark	Base	All
12-Jul	WED	6:00 PM	Stranahan Elementary	Tempo	7-8 Grade Only
13-Jul	THUR	6:30 PM	Centennial Quarry	Special Event	All
15-Jul	SAT	9:00 AM	Olander Park	Base	All
17-Jul	MON	6:00 PM	Stranahan Elementary	Long (35-40 min)	7-8 Grade Only
18-Jul	TUES	6:00 PM	Secor Metropark	Base	All
19-Jul	WED	6:00 PM	Stranahan Elementary	Tempo	7-8 Grade Only
20-Jul	THUR	6:00 PM	Harroun Park	Hills	All
22-Jul	SAT	9:00 AM	Olander Park	Base	All
24-Jul	MON	6:00 PM	Stranahan Elementary	Long (40-45 min)	7-8 Grade Only
25-Jul	TUES	6:00 PM	Secor Metropark	Base	All
26-Jul	WED	6:00 PM	Stranahan Elementary	Tempo	7-8 Grade Only
27-Jul	THUR	6:00 PM	Harroun Park	Hills	All
29-Jul	SAT	9:00 AM	Olander Park	Base	All
31-Jul	MON	6:00 PM	Stranahan Elementary	Long (45-50 min)	7-8 Grade Only
1-Aug	TUES	6:00 PM	Secor Metropark	Base	All
2-Aug	WED	6:00 PM	Stranahan Elementary	Tempo	7-8 Grade Only
3-Aug	THUR	6:00 PM	Harroun Park	Hills	All
5-Aug	SAT	9:00 AM	Olander Park	Base	All
7-Aug	MON	6:00 PM	Stranahan Elementary	Long (45-50 min)	7-8 Grade Only
8-Aug	TUES	6:00 PM	Secor Metropark	Base	All
9-Aug	WED	6:00 PM	Stranahan Elementary	Tempo	7-8 Grade Only
10-Aug	THUR	6:00 PM	Harroun Park	Hills	All
12-Aug	SAT	9:00 AM	Olander Park	Base	All
14-Aug	MON	6:00 PM	Pacesetter Park	First Practice!!	All



Stranahan Elementary - meet at Shelter Area by playground in back of the school
 Secor Metropark - meet at Nature Photography Center
 Olander Park - meet at Shelter Area on West side of the lake
 Harroun Park - meet at Shelter Area near the parking lot