



APPLESEEDS
 YOUTH RUNNING PROGRAM
presented by Three Rivers Running Company

June 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 First practice! 5:30 pm	4	5 Practice 5:30 pm	6	7	8
9	10 Practice 5:30 pm	11	12 Practice 5:30 pm	13	14	15
16	17 Dekalb 1 mile race at Beefcake XC 6 pm	18	19 Practice 5:30 pm	20	21	22
23	24 Practice 5:30 pm	25	26 Practice 5:30 pm	27	28	29
July 2019						
30	1 Practice 5:30 pm	2	3 Practice 5:30 pm	4	5	6
7	8 Practice 5:30 pm	9 Indiana Blast track meet @ Concordia HS	10 No practice	11	12	13
14	15 Practice 5:30 pm	16	17 Practice 5:30 pm	18	19	20 1 mi Road Race 3RRC 8k 8:30 am
21	22 Practice 5:30 pm	23	24 Practice 5:30 pm	25	26	27