

May

2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

23

24

25

26

27

28

Physical Night
5:00 pm-7:00 pm

29

30

31

Total Miles for
the month:

June

2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

3

4

5

6

7

8

9

10

11

National Guard
St. Lo Run
7:00 am. I would
like you to run o
help with this.

12

13

14

15

16

17

18

FCA-CC Camp
In Scottsbluff

FCA-CC Camp
In Scottsbluff

FCA-CC Camp
In Scottsbluff

FCA-CC Camp
In Scottsbluff

19

20

21

22

23

24

25

26

27

28

29

30

Wednesday Night
Run at CU @ 6 pm

Total Miles for
the month:

