



Girls on the Run[®]

of Ottawa and Allegan Counties



Allendale Practice Schedule

Lesson	Monday/Wednesday
TIME	3:45-5:15
1	W-3/15
2	M-3/20
3	W-3/22
4	M-3/27
5	W-3/29
6	M-4/10
7	W-4/12
8	M-4/17
9	W-4/19
10	M-4/24
11	W-4/26
12	M-5/1
13	W-5/3
14	M-5/8
15	W-5/10
16	M-5/15
17	W-5/17
18	M-5/22
19	W-5/24
20	W-5/31
5K	Friday, June 2
21*	M-6/5

Lesson	Tuesday/Thursday
TIME	3:45-5:15
1	T-3/21
2	TH-3/23
3	T-3/28
4	TH-3/30
5	T-4/11
6	TH-4/13
7	T-4/18
8	TH-4/20
9	T-4/25
10	TH-4/27
11	T-5/2
12	TH-5/4
13	T-5/9
14	TH-5/11
15	T-5/16
16	TH-5/18
17	T-5/23
18	TH-5/25
19	T-5/30
20	TH-6/1
5K	Friday, June 2
21*	T-6/6

If school is cancelled due to weather or any other issue, practice will be cancelled as well. Please check with your coach if you are unsure if practice will be held.