



Girls on the Run[®]

of Ottawa and Allegan Counties



Black River Elementary Practice Schedule

| Lesson | Monday/Wednesday |
|-------------|-------------------------|
| TIME | 3:20-4:50 |
| 1 | W-3/8 |
| 2 | M-3/13 |
| 3 | W-3/15 |
| 4 | M-3/20 |
| 5 | W-3/22 |
| 6 | M-3/27 |
| 7 | W-3/29 |
| 8 | M-4/10 |
| 9 | W-4/12 |
| 10 | M-4/17 |
| 11 | W-4/19 |
| 12 | M-4/24 |
| 13 | W-4/26 |
| 14 | M-5/1 |
| 15 | W-5/3 |
| 16 | M-5/8 |
| 17 | W-5/17 |
| 18 | M-5/22 |
| 19 | W-5/24 |
| 20 | W-5/31 |
| 5K | Saturday, June 3 |
| 21* | M-6/5 |

| Lesson | Tuesday/Thursday |
|-------------|-------------------------|
| TIME | 3:20-4:50 |
| 1 | TH-3/9 |
| 2 | T-3/14 |
| 3 | T-3/21 |
| 4 | TH-3/23 |
| 5 | T-3/28 |
| 6 | TH-3/30 |
| 7 | T-4/11 |
| 8 | TH-4/13 |
| 9 | T-4/18 |
| 10 | TH-4/20 |
| 11 | T-4/25 |
| 12 | TH-4/27 |
| 13 | T-5/2 |
| 14 | TH-5/4 |
| 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 | Saturday, June 3 |
| 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.