

**February 2018  
(tentative schedule)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Cross Train on own	3 All Comers Meet at Grant High
4 Rest day	5 6:00pm - 7:00pm  Jesuit High School. Please meet at back of school: American River Dr Carmichael, CA 95608 United States	6 6:00pm - 7:30pm  Glenn Hall Park 5415 Sandburg Dr Sacramento, CA 95819	7 Cross Train on own	8 6:00pm - 7:30pm American River College Meet in football stadium.	9 Cross train on own	10 Valentine Run/Walk 4M, 1.8M run   kids run To register: <a href="http://lsncrun.in">http://lsncrun.in</a> fo Or practice if not attending race.
11 Tentative American River College 7:30am - 9am	12 6:00pm - 7:00pm  Jesuit High School	13 6:00pm - 7:00pm  Glenn Hall Park	14 Cross train on own	15 6:00pm - 7:00pm  American River College	16 Cross Train on own	17 Penn Ave 8am - 9:30am
18	19 6:00pm - 7:00pm  Jesuit High School	20 6:00pm - 7:00pm  Glenn Hall Park	21 Cross Train on own	22 6:00pm - 7:00pm  American River College	23 Cross Train on own	24 Penn Ave 8am - 9:30am
25 American River College 7:30am - 9am	26 6:00pm - 7:00pm  Jesuit High School	27 6:00pm - 7:00pm  Glenn Hall Park	28 Cross Train on own	March 1 6:00pm - 7:00pm  American River College	2 Cross Train on own	3 Glenn Hall Park 8am - 9:30am