

# THANKSGIVING TRAINING SCHEDULE

## November 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Newport On Levee 8:30 AM 5-6 miles
2 Rest/X-Train	3 35-40 minutes eas	4 Running Spot OBV 6:30 PM 60 minutes Election Nite	5 Running Spot OBV 6:30 PM 60 minutes Make-Up Nite	6 35-45 minutes easy	7 Rest/X-Train	8 GIBLET GOBBLER Running Spot Loveland 8:30 AM 4 miles
9 Rest/X-Train	10 35-40 minutes eas	11 Crossroads 6:30 PM 60-65 minutes Happy Hour	12 Rest	13 35-45 minutes easy	14 Rest/X-Train	15 Paul Brown Stadium 8:30 AM Thanks Route 6.2 miles Pre-Sale Begins
16 Rest/X-Train	17 35-40 minutes eas	18 Running Spot OBV 6:30 PM 40-50 minutes	19 Rest	20 35-45 minutes easy	21 Rest/X-Train	22 Crossroads 8:30 AM 3 miles Sale Begins
23 Rest/X-Train	24 35-40 minutes eas	25 **optional workout Running Spot OBV 6:30 PM 2-3 miles	26 Rest	27 Thanksgiving Day Race Paul Brown Stadium *Post Race at Plum St Café	28 Recover & Shop at the Spot	29 SALE
SALE	SALE	SALE	SALE	HOLIDAY	SALE	SALE

\*\*\*BOLD DATES ARE GROUP RUNS/ACTIVITIES

**Running Spot OBV**  
1993 Madison Rd  
Cinti, OH 45208  
513-321-3006

**Running Spot Glend**  
267 East Sharon Ro  
Glendale, OH 45246  
513-772-7999

**Running Spot Lovel**  
127 W Loveland  
Loveland, OH 4514C  
513-831-2378

**Newport-On-The-Le**  
(Kentucky side of  
corner of Madison & F  
Purple People Bridge in Oakley

**Paul Brown Stadium**  
Intersection of Elm & 2nd Sts.  
Downtown Cinti

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<b>O</b>	<b>Bob Roncker</b>	bobroncker@runningspot.com	<b>cell 513-236-4828</b>	<b>Mike Enderly</b>	michealenderly634@hotmail.com	5	<b>O</b>
<b>A</b>	<b>Mike Smith</b>	m.l.smith@gte.net	513-531-8008	<b>Paula Koenigs</b>	koenigs.pm@pg.com	513-205-4266	<b>A</b>
<b>C</b>	<b>Cathy Russo</b>	russoclr@msn.com	513-484-1446	<b>Tracy Metzger</b>	tmetzger@sksins.com	513-284-090	<b>C</b>
<b>H</b>	<b>Paul Malott</b>	pmalott@malottdesign.com	513-271-1564	<b>Run/Walk Coaches</b>			<b>H</b>
	<b>Anne Tepe</b>	altepe@comey.com	513-919-4453	<b>Jody Collier</b>	jodyc@fuse.net	513-271-4202	
<b>I</b>	<b>Jeff Hummel</b>	jeffhummel@fuse.r	513-227-1167	<b>Sue Sievers</b>	sue@runningspot.c	513-325-7138	<b>I</b>
<b>N</b>	<b>Franki Zerhusen</b>	franki2711@yahoo.com	513-236-3703	<b>Bob Roncker</b>	bobroncker@runningspot.com	cell	<b>N</b>
<b>F</b>	<b>David Blumenfeld</b>	davidb@osbornecoin.com		<b>Walking Coaches</b>			<b>F</b>
<b>O</b>	<b>Dan Furnier</b>	dan.furnier@gmail.com	513-550-2777	<b>Pete Dewbury</b>	pdewbury@cinci.rr.com	513-218-32	<b>O</b>
	<b>Chris Reis</b>		513-227-2977	<b>Susan Fryman</b>	sr Fryman@yahoo.com	513-652-2347	
	<b>Joe Fung</b>		513-885-4538	<b>Rich Weber</b>			