

2011 Thanksgiving TRAINING SCHEDULE

November 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 6:30 PM OBV Spot Grp A - 4.5 miles Grp B - 5 miles Grp C - hill workout Walk - 4.5 miles Clothing Clinic - 6 pm	2 Rest	3 A: 35 min easy B: 35 min easy C: 40 min easy Walk: 40 min easy	4 Rest/X-Train	5 8:00 AM OBV SPOT Grp A - 5+ miles Grp B - 6 miles Grp C - 7 miles Walk - 5.5 miles	6 Rest/X-Train
7 A: 35 min easy B: 35 min easy C: 40 min easy Walk: 40 min easy	8 6:30 PM Newport On Levee Grp A - 5 miles Grp B - 5.5 miles Grp C - 6 miles Walk - 5 miles Happy Hour!!!	9 Rest	10 A: 35 min easy B: 35 min easy C: 40 min easy Walk: 40 min easy	11 Rest/X-Train Pre-Sale for Group	12 8:00 AM Newport On Levee Thanks Course Grp A - 5.5-6 miles Grp B - 6.2 miles Grp C - 6.2 miles Walk 5.5-6 miles Pre-Sale for Group	13 Rest/X-Train Pre-Sale for Group
14 A: 35 min easy B: 35 min easy C: 40 min easy Walk: 40 min easy Pre-Sale for Group	15 6:30 PM OBV SPOT Grp A - 50 minutes Grp B - 50 minutes Grp C - 50 minutes Walk - 60 minutes Pre-Sale for Group	16 Rest	17 A: 35 min easy B: 35 min easy C: 40 min easy Walk: 40 min easy	18 Rest/X-Train	19 8:00 AM Paul Brown Stadium All Groups - 4 miles Packet Pickup at OBV SALE BEGINS	20 Rest/X-Train Packet Pickup at OBV SALE
21 A: 35 min easy B: 35 min easy C: 40 min easy Walk: 40 min easy Packet Pickup at OBV SALE	22 Optional Workout Newport Spot 6:30 PM 2-3 miles very easy Packet Pickup at OBV SALE	23 Rest Packet Pickup at OBV SALE	24 Thanksgiving Day Race 9:00 AM Paul Brown Stadium Post-Race Party Arnie's Newport On Levee	25 Rest/X-Train SALE	26 Rest/X-Train SALE	27 Rest/X-Train SALE ENDS

***BOLD DATES ARE GROUP RUNS/ACTIVITIES

Running Spot OBV
1983 Madison Rd
Cinti, OH 45208
513-321-3006

Running Spot Glendale
267 East Sharon Road
Glendale, OH 45246
513-772-7999

Running Spot Loveland
127 W Loveland
Loveland, OH 45140
513-831-2378

Running Spot Newport
317 Monmouth St
Newport, KY 41071
859-491-9500

St Cecelia Church
Madison Road
Oakley

Newport-On-The-Levee
(Kentucky side of
Purple People Bridge)

C Joe Brinkmann
O
A Jody Collier
C Carolyn Brinkmann
H Sue Sievers
Jeff Hummel
I David Blumenfeld
N Jacki Fischer
F Tiffany Whitt
O Anne Tepe
Hope Kohls
Sondra Schuler

513.686.0094
jodyc@fuse.net
carolynb1221@yahoo.com
sue@runningspot.com
jeffhummel@fuse.net
davidb@osbornecoin.com
fischerjacki86@gmail.com
twhitt@fuse.net
altepe@comey.com

training@runningspot.com

Pete Dewbury
Jack Pille
Marie Garrison
Joan Siegel
Steve Hamm
Cathy Russo
Lori Anello
Lesa Postel
Franki Brinkmann
Dave Schuler
Karen Kramer

513.218.3247
jackp@zoomtown.com
garrisonmbjb@fuse.net
joansie@one.net
russoclr@gmail.com
lanello@cinci.rr.com
franki2711@yahoo.com

pdewbury@cinci.rr.com

C
O
A
C
H

I
N
F
O