

Informal Team Runs. The team meets in June and on July 14 for some informal group runs. A schedule is provided below (and should also be available at our team website). All runs prior to July 15 are not official practices – these runs are voluntary, but certainly encouraged. The emphasis will be in developing basic fitness, getting to know one another, and having fun.

Date	Location	Time
Sunday (June 8)	EP Tom Sawyer Pk	5:00 pm
Monday (June 9)	Seneca Park	6:00 pm
Tuesday (June 10)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 11)	Seneca Park	6:00 pm
Tuesday (June 17)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 18)	Seneca Park	6:00 pm
Friday (June 20)	EP Tom Sawyer Pk	6:00 pm
Saturday (June 21)	Seneca Park	9:30 am
Sunday (June 22)	EP Tom Sawyer Pk	5:00 pm
Monday (June 23)	Seneca Park	6:00 pm
Tuesday (June 24)	EP Tom Sawyer Pk	6:00 pm
Monday (July 14)	The Parklands	6:00 pm

- **Seneca Park:** we meet in the picnic area by the tennis courts and playground
- **EP Tom Sawyer:** we meet in the picnic area by the playground and tennis courts (park on the south side of the main parking lot)
- **The Parklands:** meet at the PricewaterhouseCoopers LLP Pavilion in Beckley Creek Pk
map: <http://www.theparklands.org/res/uploads/parks/files/MAP-BECKLEYgeneral2013.pdf>
directions: provided in the handout section at <http://crosscountry.ahsdistance.org>