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| --- | --- | --- | --- | --- | --- |
| 5/31  Off | 6/1  Lagoon Valley  Running through the hills | 6/2  Rockville running through the hills | 6/3  Off | 6/4  Rod Track  Split Run | 6/5  Benicia ST Park  Long Run |
| 6/7  Off | 6/8  Nelda Mundy Split Run | 6/9  Practice Time Change 5:30!  Benicia Comm Park  Hill Workout. | 6/10  Rockville easy run through Hills. | 6/11  Rod Track  Fartlek  \*Mandatory Parent Meeting at conclusion of practice. | 6/12  Lagoon Valley  Long Run |

***ALL WEEKDAY PRACTICES WILL BE 3:45 FOR THE DURATION OF THE SCHOOL YEAR! SATURDAY PRACTICE WILL BE AT 9 AM.***

Nelda Mundy: 570 Vintage Valley Dr, meet at the basketball courts in front of school.

Benicia Comm Park: 540 Rose Dr, meet in parking lot.

B Gale Wilson: 3301 Cherry Hills Court

Rockville: 2006-2032 Rockville rd

Lagoon Valley: 1 Pena Adobe Rd, Vacaville, Meet in large parking lot adjacent to dog park.

Benicia St Park: 1385 W K Street. We will meet/park at this spot and run into the State Park. THIS IS NOT BENICIA COMMUNITY PARK THAT WE GO TO OFTEN!