

Rapides Track Club February 2009 Training Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4 4:30pm Lee J's on the Levee	5	6	7	8
9	10	11 4:30pm Buhlow Recreation Area	12	13	14	15 4:30pm Pineville High School Track
16	17	18	19	20	21	22 4:30pm Pineville High School Track
23	24	25	26	27	28	

Rapides Track Club March 2009 Training Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 3:00pm Championship Race, Louisiana Athletic Club
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					