

# Rapides Track Club May 2009 Training Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 ASH Track 4:30 pm
4	5	6 Riverfront Amphitheatre 5:15pm	7	8	9	10 Pineville Track 4:30 pm
11	12	13 Lee J's in Pineville 5:15pm	14	15	16 Peak Performance Meet	17 No Practice
18	19	20 Buhlow Recreation Area 5:15pm	21	22	23	24 Pineville Track 4:30 pm
25	26	27 Pineville Track 5:15pm	28	29	30	31 ASH Track 4:30 pm

