

# Rapides Track Club September 2009 Training Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9 Pineville High	10	11	12	13
14	15	16 Lee J's on the Levee under American Flag	17	18	19	20
21	22	23 Lee J's on the Levee under American Flag	24	25	26	27
28	29	30				