

Stony Hill Athletic Running Club

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JULY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence	5	6	7	8	9
Run Home From Church ~8 miles 1:01:58					6am Run with Leigh Corkscrew Saloon Ru ~4.9 miles 0:46:07	
10	11	12	13	14	15	16
7am Run with Leigh Medium Medina Loop ~4.5 miles 0:42:10	6am run with Leigh Huffman Park Huffman Trail 2.75 mi 0:28:11	7pm run with Leigh Corkscrew Saloon Ru ~4.9mi 0:50:32	7:30pm Hinckley with Keara, Amanda or Pastor Shannon	7am run with Leigh Univ. of Akron ~4 mi 0:38:44 7pm run with Leigh Fawn Ridge & Annex Trail 2.2 mi	Run in Kent/Ravenna 7am 0:58:11	T Con Memorial 5k & 1 mile run http://www.runnerswo 8 am Hinckley with Pastor Shannon
17	18	19	20	21	22	23
Fairview Park Youth 5k http://www.active.com 0:24:43	6am run with Leigh Little Medina Loop 4.2 mi	7pm run with Leigh Huffman Park Huffman Trail 2.75 mi	6am run with Leigh Corkscrew Saloon Ru ~4.9 mi 0:42:27 7:30pm Hinckley with Keara, Amanda or Pastor Shannon	7pm run with Leigh Medina Hospital Run 3.7 mi	6am run with Leigh Medina HS Track 20 laps ~ 5 mi	Strongsville Cleveland Clinic 5k & 1 mile http://www.runnerswo 8 am Towpath with Pastor Shannon
24 Parents' Day Healthy kids, Helthy weight 5k 1 mile http://www.runnerswo	25 6am run with Leigh Huffman Fenn Run 7.2 mi	26	27 6am run with Leigh Corkscrew Saloon run ~4.9 mi Runners Clinic Church at Stony Hill 7pm with Keara	28	29	30 LEIGH IS DOING WARRIOR DASH!! WISH ME LUCK!!! Wigs for Kids 5k 1 mil http://www.runnerswo 8am Hinckley with Pastor Shannon
31		Notes:				