

# July 2008

| Sun | Mon                                  | Tue  | Wed | Thu                                  | Fri  | Sat  |
|-----|--------------------------------------|--|-----|--------------------------------------|--|--|
| 20  | 21<br><br><i>6pm Core Class(\$5)</i> | 22<br><br><i>6pm-THAC Run<br/>(60-75min easy)<br/>6pm-Leisure Group)</i> | 23  | 24<br><br><i>6pm Core Class(\$5)</i> | 25<br><br><b><i>6pm-THAC Supper<br/>Run (Ply. Rd.)<br/>(60min. Easy)</i></b> | 26<br><br><i>8am-THAC Run<br/>(60-75min. Easy)<br/>Liberty St.</i> |
| 28  | 28<br><br><i>6pm Core Class(\$5)</i> | 29<br><br><i>6pm-THAC Run<br/>(60-75min easy)<br/>6pm-Leisure Group)</i> | 30  |                                      |  |  |
|     |                                      |  |     |                                      |  |  |
|     |                                      |  |     |                                      |  |  |
|     |                                      |  |     |                                      |  |  |

# August 2008

| Sun  | Mon                           | Tue  | Wed | Thu                           | Fri  | Sat   |
|--|-------------------------------|--|-----|-------------------------------|--|---|
|  |                               |  |     |                               | 1<br><i>T&amp;H Track Series</i><br>6:30PM Huron HS  | 2<br><br>8am-THAC Run<br>(60-75min. Easy)<br>Liberty St.                                    |
| 3 <b>Training Run</b><br>8AM Plymouth Rd.                | 4<br><br>6pm Core Class(\$5)  | 5<br>6pm-THAC Run<br>(60-75min easy)<br>6pm-Leisure Group)<br>Plymouth Rd.       | 6   | 7<br><br>6pm Core Class(\$5)  | 8<br><b>2008 Olympic Games</b><br><b>Opening Ceremony</b><br><b>6pm-THAC Supper</b><br><b>Run (Ply. Rd.)</b> | 9<br><br>8am-THAC Run<br>(60-75min. Easy)<br>Liberty St.                                    |
| 10   | 11<br><br>6pm Core Class(\$5) | 12<br>6pm-THAC Run(PLY)<br>(60-75min 800's)<br>6pm-Leisure Group<br>Plymouth Rd. | 13  | 14<br><br>6pm Core Class(\$5) | 15<br><br><i>T&amp;H Track Series</i><br>6:30PM Huron HS   | 16<br><br>8am-THAC Run<br>(60-75min. Easy)<br>Liberty St.                                   |
| 17   | 18<br><br>6pm Core Class(\$5) | 19<br>6pm-THAC Run<br>(60-75 easy)<br>6pm-Leisure Group<br>Plymouth Rd.          | 20  | 21<br><br>6pm Core Class(\$5) | 22   | 23<br><b>Silver Lake 50/50</b><br><b>Ultramarathon and</b><br><b>Relay</b><br>Group Run TBD |
| 24 <i>Closing Ceremony</i>                               | 25                            | 26<br>6pm-THAC Run<br>(60-75 easy)<br>6pm-Leisure Group<br>Plymouth Rd.          | 27  | 28<br><br>6pm Core Class(\$5) | 29   | 30<br><br>8am-THAC Run<br>(60-75min. Easy)<br>Liberty St.                                   |
| 31<br><b>9am-Nike Human</b><br><b>Race 10K (Ply Rd).</b> | 6pm Core Class(\$5)           |  |     |                               |  |   |

# September 2008

| Sun  | Mon  | Tue   | Wed | Thu                                  | Fri   | Sat  |
|--|--|---|-----|--------------------------------------|---|--|
|  | 1<br><br><i>Labor Day-Closed<br/>No Core Class</i> | 2<br><i>6pm-THAC Run<br/>(60-75min easy)<br/>6pm-Leisure Group)<br/>Plymouth Rd.</i>  | 3   | 4<br><br><i>6pm Core Class(\$5)</i>  | 5   | 6<br><br><i>8am-THAC Run<br/>(60-75min. Easy)<br/>Liberty St.</i>  |
| 7<br><b>9AM-Unofficial<br/>Ann Arbor Marathon<br/>And Half Marathon<br/>(Plymouth Rd.)</b> | 8<br><br><i>6pm Core Class(\$5)</i>                | 9<br><i>6pm-THAC Run<br/>(60-75min easy)<br/>6pm-Leisure Group)<br/>Plymouth Rd.</i>  | 10  | 11<br><br><i>6pm Core Class(\$5)</i> | 12  | 13<br><br><i>8am-THAC Run<br/>(60-75min. Easy)<br/>Liberty St.</i> |
| 14   | 15<br><br><i>6pm Core Class(\$5)</i>               | 16<br><i>6pm-THAC Run<br/>(60-75min easy)<br/>6pm-Leisure Group)<br/>Plymouth Rd.</i> | 17  | 18<br><br><i>6pm Core Class(\$5)</i> | 19  | 20<br><br><i>8am-THAC Run<br/>(60-75min. Easy)<br/>Liberty St.</i> |
| 21   | 22<br><br><i>6pm Core Class(\$5)</i>               | 23<br><i>6pm-THAC Run<br/>(60-75min easy)<br/>6pm-Leisure Group)<br/>Plymouth Rd.</i> | 24  | 25<br><br><i>6pm Core Class(\$5)</i> | 26<br><br><b>6pm-THAC Supper<br/>Run (Ply. Rd.)<br/>(60min. Easy)</b> | 27<br><br><i>8am-THAC Run<br/>(60-75min. Easy)<br/>Liberty St.</i> |
| 28   | 29<br><br><i>6pm Core Class(\$5)</i>               | 30  |     |                                      |   |  |