



Athens Christian Summer 2007 Running Schedule



May 23-June 13. Summer Break.

Get in lots of miles. Swim 400 meters = 1 mile; Bike 3 miles = 1 mile

June 14 (thurs.)	1 st Team Run	7:00 pm	ACS Stadium
June 21	2 nd Team Run	7:00 pm	ACS Stadium
June 23 (sat)	Marigold 10K	8:00 am	Winterville
June 28	3 rd Team Run	7:00 pm	ACS Stadium
June 30 (sat)	City Lights 5K	9:00 am	Commerce
July 5	4 th Team Run	7:00 pm	ACS Stadium
July 7 (sat)	Colbert 5K	7:30 am	Colbert
July 12	5 th Team Run	7:00 pm	ACS Stadium
July 19	6 th Team Run	7:00 pm	ACS Stadium
July 21 (sat)	Burnin' up the Blacktop	8:00 am	Fire Station #1
July 26	7 th Team Run	7:00 pm	ACS Stadium
July 28 (sat)	Run to Play 5K	8:00	Athens, SE Park
Aug.2	1 st Official Practice	7:00 pm	ACS Stadium
Aug. 4(sat)	Oglethorpe 5K	8:00 am	OCHS
Aug. 18 (sat)	Titan Twilight Run 5K	7:00 pm	North Oconee HS

August Practice Schedule: Mon. Tues. Thurs. nights @ 7:00 until school starts.
When school starts, everyday after school 3:30-5:00.

We have such great opportunities before us! If we do our work, we will be in the hunt for 2 State titles. We will lose them, or put ourselves in position to win them, depending on what we do this summer. The key: miles. We will take a mileage count every Thursday night. The 5 Ks are optional, but you need to run in at least 3 of them. We will talk about it during the summer. If you have to miss, please call me (706-340-2734). Let's make it happen together. The Lord blesses effort. Can't wait. Call me if you need anything, Coach Tim.