

Pomona Distance Team – Summer Running
www.bigcatdistance.com
 August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice @ 7:30am Stanley Lake South	2 Practice @ 7:30am Stanley Lake South	3 Practice @ 7:30am Stanley Lake South	4 Practice @ 7:30am Ferrufino Park	5 Golden Run
6	7 Practice @ 7:30am Pomona HS	8 Practice @ 7:30am Pomona HS	9 Practice @ 7:30am Pomona HS	10 Practice @ 7:30am Pomona HS	11 Practice @ 7:30am Pomona HS	12
13	14 First day of Official Practice	15	16	17	18	19 Panther Prowl Pomona HS
20	21	22	23	24	25	26
27	28	29	30	31		

All times and locations are subject to change*

Important Running Gear to have: Specific Running Shoes that fit correctly, athletic clothing, and a full water bottle.