

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

Sunday		Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
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2		3 Practice @ 7:30am Pomona HS		4 Independence Day	5 Practice @ 7:30am Pomona HS	6 Practice @ 7:30am Pomona HS	7 Practice @ 7:30am Ferrufino Park	8
9		10 Practice @ 7:30am Stanley Lake South		11 Practice @ 7:30am Stanley Lake South	12 Practice @ 7:30am Stanley Lake South	13	14 Practice @ 7:30am Ferrufino Park	15 Trail Run - TBD
16		17 Practice @ 7:30am Pomona HS		18 Practice @ 7:30am Pomona HS	19 Practice @ 7:30am Pomona HS	20 Practice @ 7:30am Pomona HS 5k - Westminster	21 Practice @ 7:30am Ferrufino Park	22
23	30	24 See Below*	See Below*	25 Practice @ 7:30am Pomona HS	26 Practice @ 7:30am Pomona HS	27 Practice @ 7:30am Pomona HS	28 Practice @ 7:30am Ferrufino Park	29 Practice @ 7:30am Stanley Lake South

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.

July 24th – Practice @ 7:30am, Pomona HS

July 31st – Practice @ 7:30am, Stanley Lake South