

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Fundraiser Race 7am - Louisville	5 Practice @ 7:30am Pomona HS	6	7 Practice @ 7:30am Pomona HS	8	9 Practice @ 7:30am Pomona HS	10 Team Hike - TBD
11	12 Practice @ 7:30am Pomona HS	13	14 Practice @ 7:30am Pomona HS	15	16 Practice @ 7:30am Pomona HS	17
18 Father's Day	19 Practice @ 7:30am Pomona HS	20	21 Practice @ 7:30am Pomona HS	22	23 Practice @ 7:30am Pomona HS	24 Neighborhood Fun Run 5K - Westminster
25	26 Practice @ 7:30am Pomona HS	27 Practice @ 7:30am Pomona HS	28 Practice @ 7:30am Pomona HS	29	30 Practice @ 7:30am Pomona HS	

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.