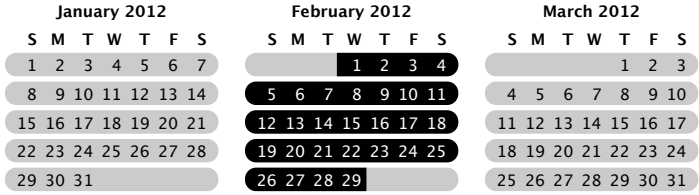
February 2012



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 8M at Medium Pace 8:00 AM Parktrail Drive	30 7:00 PM 1932 Yolo Court, SR	31 12x400m at 2M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive, SR	1 5:30 PM Fleet Feet Run	2 7M w/2.5M Tempo 4:30 PM Howarth Park	3	4 8:30 AM Railroad Square, SR 5:00 PM ER Club Awards Banquet
5 12M at Medium Pace 8:00 AM Channel Drive	6 7:00 PM 1932 Yolo Court, SR	7 6M w/12x1...t 1M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive, SR	8 5:30 PM Fleet Feet Run	9 7M w/3M Tempo 4:30 PM Howarth Park	10	11 8:30 AM Railroad Square, SR
12 9M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM Tamalpa Couples Relay	13 7:00 PM 1932 Yolo Court, SR	14 Hill Repeats, 10x30sec. 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive, SR	15 5:30 PM Fleet Feet Run	16 5M w/1.5M Tempo 4:30 PM Howarth Park	17	18 8:30 AM Railroad Square, SR
19 9:00 AM Valley Ford Relay 4x2.75M	20 7:00 PM 1932 Yolo Court, SR	21 5M with Street Sign Intervals 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive, SR	22 5:30 PM Fleet Feet Run	23 6M w/10x1min at 5K Pace 4:30 PM Howarth Park 6:30 PM ER Club Meeting	24	25 8:30 AM Railroad Square, SR
26 10M at Medium Pace 8:00 AM Parktrail Drive	27 7:00 PM 1932 Yolo Court, SR	28 Hill Repeats, 10x90sec 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive, SR	29 5:30 PM Fleet Feet Run	1 8.5M w/3.5M Tempo 5:30 PM Howarth Park	2	3 8:30 AM Railroad Square, SR