

S M T W T F S

APRIL

Monday workouts at 3:30		2	3	4	5	6
Wednesday workouts at 6:00						
Thursday workouts at 5:30						
7 Alex Shoe 5k Nashua	8 E-Board	9	10 Adult work- outs Nashua High School	11	12	13
14	15	16	17 Adult work- outs Nashua High School	18	19	20
21 Parkers run Red Shoe Barn 8k	22 Youth work- outs Mine Falls	23	24 Club Meet- ing Merrimack YMCA	25 Youth work- outs Nashua High School	26	27
28 James Joyce Ramble 10k	29 Youth work- outs Mine Falls	30	May 1 Adult work- outs Nashua High School	2 Youth work- outs Nashua High School	3	4

S M T W T F S

MAY

5	6 Youth work- outs Mine Falls	7	8 Adult work- outs Nashua High School	9 Youth work- outs Nashua High School	10	11 Foothealth 5k Derry
12 SNHMC 6K Nashua	13 Youth work- outs Mine Falls E-Board	14	15 Run for The Roses 5k Salisbury, Ma	16 Youth work- outs Nashua High School	17	18 Bedford 12k & 5k
19	20 Youth work- outs Mine Falls	21	22 Club Meet- ing Merrimack YMCA	23 Youth work- outs Nashua High School	24	25
26 Redhook 5k Portsmouth	27 Youth work- outs Mine Falls	28	29 Adult work- outs Nashua High School	30 Youth work- outs Nashua High School	31	June 1
2	3 Youth work- outs Mine Falls	4	5 Adult work- outs Nashua High School	6 Chase Corp Challenge Boston	7	8 Mkt Sq 10k Portsmouth