

2009 Genesee Valley Harriers Fall Practice Schedule

Cobbs Hill Workouts: Meet in parking lot adjacent to Recreation Center on Norris Drive.

Genesee Valley Workouts: Meet at Tupelo Shelter, the shelter closest to the River Road entrance of the park.

Mendon Ponds Park Workouts: Meet in the Beach Parking Lot on Douglas Road.

UR track Workouts in November: site in tentative based on availability of the facility.

Tuesday, August 25:	Cobbs Hill Park	5:30pm
Thursday, August 27:	Tour dePain at Cobbs Hill	6:30pm
Tuesday, September 1:	Cobbs Hill Park	5:30pm
Thursday, September 3:	Genesee Valley Park	5:30pm
Sunday, September 6:	Mendon Ponds Park	9:00am
Tuesday, September 8:	At Coach Reif's House	5:30pm (party to follow)
Thursday, September 10:	Genesee Valley Park	5:30pm
Sunday, September 13:	Mendon Ponds Park	9:00am
Tuesday, September 15:	Cobbs Hill Park	5:30pm
Thursday, September 17:	Genesee Valley Park	5:30pm
Sunday, September 20:	Mendon Ponds Park	9:00am
Tuesday, September 22:	Cobbs Hill Park	5:30pm
Thursday, September 24:	Genesee Valley Park	5:30pm
Sunday, September 27:	Mendon Ponds Park	9:00am
Tuesday, September 29:	Cobbs Hill Park	5:30pm
Thursday, October 2:	Genesee Valley Park	5:30pm
Sunday, October 4:	Mendon Ponds Park	9:00am (Masters 5k @ Syracuse)
Tuesday, October 6:	Cobbs Hill Park	5:30pm
Thursday, October 8:	Genesee Valley Park	5:30pm
Sunday, October 11:	Mendon Ponds Park	9:00am (Masters @ St. Pete. FL)
Tuesday, October 13:	Cobbs Hill Park	5:30pm
Thursday, October 15:	Genesee Valley Park	5:30pm
Sunday, October 18:	Mendon Ponds Park	9:00am
Tuesday, October 20	Cobbs Hill Park	5:30pm
Thursday, October 22:	Genesee Valley Park	5:30pm
Sunday, October 25:	Upstate XC @ Ithaca Coll.	11:00am (Mayors Cup @ Boston)
Tuesday, October 27:	Cobbs Hill Park	5:30pm
Thursday, October 29:	Genesee Valley Park	5:30pm
Sunday, November 1:	Upstate XC @ Seneca Pk	11:00am
Tuesday, November 3:	U of R Track*	5:30pm
Thursday, November 5:	U of R Track*	5:30pm
Sunday, November 8:	Mendon Ponds Park	9:00am
Tuesday, November 10:	U of R Track	5:30pm
Thursday, November 12:	U of R Track	5:30pm
Sunday, November 15:	Upstate XC @ Finger Lakes CC..	10:30am
Tuesday, November 17:	U of R Track	5:30pm
Saturday, November 21:	Mendon Ponds Park	9:00am (workout)
Sunday, November 22:	Mendon Ponds Park	9:00am (long run)
Tuesday, November 24:	U of R Track	5:30pm
Thursday, November 26:	U of R Track	5:30pm
Saturday, November 28:	Mendon Ponds Park	9:00am (workout)
Tuesday, December 1:	U of R Track	5:30pm
Tuesday, December 8:	U of R Track	5:30pm