

## Calendar of Events

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September 22, 2018

### **Last Powhatan Sprint Tri or Open Water Workout of the Season**

**Jack's House**

**3856 Mill Mount Drive**

**Powhatan, VA 23139**

8am

Jack Crowley, 804-245-0689

jack@jackcrowley.com

*This is the last Powhatan group workout of the season. Due to the James River problems, I'm including an open water swim. We are in the water at 8am.*

*Please arrive by 7:45.*

*30 min swim*

*16 mile bike (out and back on very low traffic roads)*

*Run your choice in the neighborhood.*

*Plenty of parking at the top of my driveway.*

September 25, 2018

**Rogue Runners group runs**

5:30am

*RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)*

*There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.*

September 27, 2018

**Rogue Runners group runs**

5:30am

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October 2, 2018

**Rogue Runners group runs**

5:30am

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October 4, 2018

**Rogue Runners group runs**

5:30am

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October 9, 2018

**Rogue Runners group runs**

5:30am

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October 11, 2018

**Rogue Runners group runs**

5:30am

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October 16, 2018

**Rogue Runners group runs**

5:30am

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October 18, 2018

**Rogue Runners group runs**

5:30am

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October 23, 2018

**Rogue Runners group runs**

5:30am

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October 25, 2018

**Rogue Runners group runs**

5:30am

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October 30, 2018

**Rogue Runners group runs**

5:30am

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*There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.*