

## Calendar of Events

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June 26, 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.*

June 28, 2018

### **Rogue Runners group runs**

5:30am

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June 30, 2018

### **Sprint & Olympic+ Tri Workout with Lake Swim**

**Jack's House**

**3856 Mill Mount Drive**

**Powhatan, VA 23139**

7 AM

Jack Crowley, 804-245-0689

jack@jackcrowley.com

*STARTING 6/30 7AM START due to longer swim, bike and run times + hot weather.*

*45 Minute Lake Swim (mid 80s) (duration increases by 5 mins per week)*

*2 hour bike, out and back on very low traffic roads (Three Bridge & Cosby) (duration increases by 10 mins per week)*

*Run - distance your choice, 3.2, 5.8, 6.4 in the neighborhood, no traffic.*

*Recovery - hang out on the patio overlooking the lake, cool off in the lake. Bring snacks to share. Dee may also whip up some goodies.*

*RSVP jack@jackcrowley.com*

*This is an out and back, no one gets dropped. Kayaks are available if you need assistance, just need to bring your support. Or, you can swim along the shore line.*

July 3, 2018

**Rogue Runners group runs**

5:30am

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July 5, 2018

**Rogue Runners group runs**

5:30am

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July 7, 2018

**Sprint & Olympic+ Tri Workout with Lake Swim**

**Jack's House**

**3856 Mill Mount Drive**

**Powhatan, VA 23139**

7 AM

Jack Crowley, 804-245-0689

jack@jackcrowley.com

*STARTING 6/30 7AM START due to longer swim, bike and run times + hot weather.*

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July 10, 2018

**Rogue Runners group runs**

5:30am

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July 12, 2018

**Rogue Runners group runs**

5:30am

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July 14, 2018

**Sprint & Olympic+ Tri Workout with Lake Swim**

**Jack's House**

**3856 Mill Mount Drive**

**Powhatan, VA 23139**

7 AM

Jack Crowley, 804-245-0689

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July 17, 2018

## **Rogue Runners group runs**

5:30am

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July 19, 2018

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July 21, 2018

### **Sprint & Olympic+ Tri Workout with Lake Swim**

**Jack's House**

**3856 Mill Mount Drive**

**Powhatan, VA 23139**

7 AM

Jack Crowley, 804-245-0689

jack@jackcrowley.com

*STARTING 6/30 7AM START due to longer swim, bike and run times + hot weather.*

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July 24, 2018

**Rogue Runners group runs**

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July 26, 2018

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July 28, 2018

**Sprint & Olympic+ Tri Workout with Lake Swim**

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**Powhatan, VA 23139**

7 AM

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July 31, 2018

**Rogue Runners group runs**

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August 2, 2018

## **Rogue Runners group runs**

5:30am

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