

# 2018 Omaha Central Girls Cross Country Summer Running

If there is rain or thunderstorms in the area – NO Conditioning

Schedule Subject to CHANGE! (UPDATE 05/24/2018)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 3 WEEK 1	4 Run/Bike/Hike/Swim	5 Run/Bike/Hike/Swim	6 Run/Bike/Hike/Swim	7 Run/Bike/Hike/Swim	8 Run/Bike/Hike/Swim	9
10 WEEK 2	11 Lake Zorinsky 7:15-8:15 AM	12	13 Elmwood Park 7:15-8:15 AM	14 Walnut Grove 7:15-8:15 AM	15	16 Chalco Hills 7:15-8:15 AM
17 WEEK 3	18 Lake Zorinsky 7:15-8:15 AM	19	20 Elmwood Park 7:15-8:15 AM	21 Walnut Grove 7:15-8:15 AM	22	23
24 WEEK 4	25 Lake Zorinsky 7:15-8:15 AM	26	27 Elmwood Park 7:15-8:15 AM	28 Walnut Grove 7:15-8:15 AM	29	30 Chalco Hills 7:15-8:15 AM
July 1 WEEK 5	2 Run/Bike/Hike/Swim	3 Run/Bike/Hike/Swim	4 Run/Bike/Hike/Swim	5 Run/Bike/Hike/Swim	6 Run/Bike/Hike/Swim	7 Run/Bike/Hike/Swim
8 WEEK 6	9 Lake Zorinsky 7:15-8:15 AM	10	11 Elmwood Park 7:15-8:15 AM	12 Walnut Grove 7:15-8:15 AM	13	14 Chalco Hills 7:15-8:15 AM
15 WEEK 7	16 Lake Zorinsky 7:15-8:15 AM	17	18 Elmwood Park 7:15-8:15 AM	19 Walnut Grove 7:15-8:15 AM	20	21
22 WEEK 8	23 Lake Zorinsky 7:15-8:15 AM	24	25 Elmwood Park 7:15-8:15 AM	26 Walnut Grove 7:15-8:15 AM	27	28 Chalco Hills 7:15-8:15 AM
29 WEEK 9	30 Run/Bike/Hike/Swim	31 Run/Bike/Hike/Swim	August 1 Run/Bike/Hike/Swim	2 Run/Bike/Hike/Swim	3 Run/Bike/Hike/Swim	4 Run/Bike/Hike/Swim
5 WEEK 1	6 First Day Official Practice	7 Official Practice	8 Official Practice	9 Official Practice	10 Official Practice	11
12 WEEK 2	13 Official Practice	14 Official Practice	15 Official Practice	16 Official Practice	17 Official Practice	18

Make sure to bring a **WATCH, FULL WATER BOTTLE, and GOOD RUNNING SHOES** to conditioning. Keep Track of ALL Mileage at [running2win.com](http://running2win.com) team site. Team - **CHSGXC** – Team Code **T-83102144910-30**  
Contact Coach Lodge at [trent.lodge@ops.org](mailto:trent.lodge@ops.org) Make sure to download the TEAMAPP for your smart phone (FREE).  
**Check out the summer Saturday morning group runs with Nebraska Elite Track Club (NETC)**

<https://www.nebraskaelitetc.org/>

<https://www.omaharun.org/> - Get involved in local races and road runs this summer!

**Meeting Sites: Elmwood Park – Behind UNO, across the street from the swimming pool by the Pavilion.**

**Lake Zorinsky**  
156<sup>th</sup> & F Street Entrance  
Kids Playground Parking Lot

**Walnut Grove**  
15050 Q St  
Park Shelter

**Chalco Hills**  
154<sup>th</sup> Ave & Giles Rd Entrance  
Main Parking Lot – By 4 Way Stop

Coach Lodge – 402-630-4936    Coach Anderson – 402-304-6612