

Spring Spartan May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Kick off CELEBRATION! 9:15am Armory
5 Taco de Mile 10 points	6 6pm Ridgeway Monday Fun Day Workout 5 points	7 6pm Armory Tuesday Night Hill Workout 5 points	8 Dirt Cheap Race #2 10 points	9	10 6pm Ridgeway or Armory Friday Workout 5 points	11 9:15am Saturday Workout at Ridgeway 5 points
12	13 6pm Ridgeway Monday Fun Day Workout 5 points	14 6pm Armory Tuesday Night Hill Workout 5 points	15	16	17 6pm Ridgeway or Armory Friday Workout 5 points	18 Vollie for Sehghunda 10pts.
19 Vale of 3 Falls 10 points	20 6pm Ridgeway Monday Fun Day Workout 5 points	21 6pm Armory Tuesday Night Hill Workout 5 points	22	23	24 6pm Ridgeway or Armory Friday Workout 5 points	25 9:15am Saturday Workout at Ridgeway 5 points
26 Rochester River Challenge 15 points	27 Stores closed for Memorial Day	28 6pm Armory Tuesday Night Hill Workout 5 points	29	30	31 6pm Ridgeway or Armory Friday Workout 5 points	