**Run for Life Running Schedule – Nov 2010**

***Please plan on arriving at least 5 minutes before the start of each scheduled run so as not to keep other runners waiting …. Thank you***

**Monday, Nov 1st**  **6:15pm – GCI Track Reps** *(Interval Training)*

1. Starting with a warm up run up Water Street to pick up the East River Trail at the Mill a quick jog along the trail and into the back entrance of GCI. 20 minutes of Reps around the track and retrace our steps back to the college

 Learn to Run Group Week # 8 **GRADUATION NIGHT !!!** Group Leader: Mike Walsh

**Thursday, Nov 4th 6:15 pm – The Grand Ridge Experience** *(Sustained Run)*

This 6.6Km run starts with nice flat warm up, a lot of groaning and complaining in the middle as

 we climb Grand Ridge but then a rewarding downhill cruise down St Andrew and Lansdowne

 to home.

1. Learn to Run Group Week # 8 Group Leader: Gary B

**Monday, Nov 8th 6:15 pm – The Kenmore Complaint** *(18 – 1 minute Reps)*

1. A warm up run from the College up George Street, continue all the way up Park Avenue to Grant. Continue up Grant passed Mountview Cemetery to Kenmore Avenue. Lots of complaining and groaning running reps up and down Kenmore. Then a nice down hill cruise back to the College.

**Thursday, Nov 11th 6:15 pm – Parkhill Loop** *(Sustained Run)*

This good 6Km run starts going North on Grand crossing the river at the Parkhill bridge then

 heads up Parkhill. Continue down Kerr and Lincoln to Concession, across the Cedar street

 bridge, up St Andrew along Lansdowne, down Grand Ave and home.

1. Coffee and a chat after the Run at the Melville

**Monday, Nov 15th**  **6:15pm – The Gordon Grind** *(Interval Training)*

1. Oh No !!!!! Its back by not so popular demand that run of runs up to Gordon Street and laps
2. around to top Triangle …. Just Can’t Wait !!!!!!

**Thursday, Nov 18th 6:25 pm – The Cemetary Loop** *(Sustained Run)*

 Heading north on Grand we climb up Park Ave. Grant continue up grant and head through

 Mountview Cemetary. Continue the climb up Blenhiem across the top via Parkview Drive and

 down St Andrew to the college

**Sunday, Nov 21st 10:00am – YMCA Start – 2.5Km and 5Km Events**

 Welcome the Christmas Season by entering this annual fun run.

**Monday, Nov 22nd 6:15 pm – Blenheim – Victoria Park Loop** *(9 - 2minute Reps)*

A warm up run from the College up George Street then climb Park Hill to Blair Road. Zig Zag left to Blenheim,, up Blenhiem then through the lower part of Victoria Park to Salisbury. Continue running loops along Brant, Blenheim the park and Salisbury. When finished cool down run to the college.

**Thursday, Nov 25th 6:15pm – The 7KM Stretch** *(7Km - Sustained Run)*

 This run is a little longer than some (approx 7Km) with a great hill leg stretcher to begin.

 Climbing Salisbury all the way to Kent. Kent to Cedar to Southwood to St Andrew. Start down St

 Andrew turning right at Borden, down 1st Ave and back to the college.

 Coffee and a chat after the Run at the Melville

**Monday, Nov 29th 6:15 pm – Lansdowne Triangle Reps** *(Interval Training)*

 As the night’s get darker the old favourites return. Tonight we run down to the Cedar

 Street Bridge crossover and head north up Water to cross back over on Parkhill Bridge.

 Down George Street to Cresent Place then Triangle Reps around Cresent Lansdowne and

 Salsbury. When you have had enough ….. back to the College.