



# January 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10 <a href="#">Icicle 5K Belpre, OH</a>	11	12	13	14	15	16 <a href="#">MOV CC Winter Series 5K Marietta, OH</a>
17	18	19	20	21	22	23
24	25	26 Board Meeting	27	28	29	30 G-Day 5K Lowell, OH
31						



# February 2010




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 <a href="#"><u>Couples Classic 5K</u></a> <a href="#"><u>Vienna, WV</u></a>	15	16	17	18	19	20
21	22	23 Board Meeting	24	25	26	27
28 <a href="#"><u>Cabin Fever Run</u></a> <a href="#"><u>Marietta, OH</u></a>						



# March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13  <a href="#">Shamrock 5K</a> <a href="#">Marietta, OH</a>
14	15	16	17	18	19	20
21 <a href="#">Spring Sprint 5K</a> <a href="#">Parkersburg, WV</a>	22	23 Williamstown Quad	24	25	26 Kim Nutter Inv. PHS	27 Ryan Jobes Invitational Williamstown
28 <a href="#">March Hare 5K</a> <a href="#">Boaz, WV</a>	29	30 Board Meeting	31			



# April 2010




Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3  <a href="#">Bunny Hop 5K</a> <a href="#">Beverly, OH</a>
4	5	6 Marietta Night Relays <a href="#">Beginners Clinic</a>	7	8	9	10
11	12	13 <a href="#">Beginners Clinic</a>	14	15 Marietta MS Night Relays	16	17  <a href="#">Vienna, RR Races</a> Russ Parsons Inv <a href="#">WMS Inv</a>
18	19	20 <a href="#">Beginners Clinic</a>	21	22 <a href="#">Earth Day 5K</a> <a href="#">Marietta, OH</a>	23	24 Marietta Inv
25	26	27 Board Meeting Fenton Relays <a href="#">Beginners Clinic</a>	28	29	30 Erickson Inv Erickson Field	



# May 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1  <a href="#">Good Sam 5K</a> <a href="#">Parkersburg, WV</a>
2	3	4 <a href="#">Beginners Clinic</a>	5	6	7	8  <a href="#">Y5 Races</a> <a href="#">Devola, OH</a>
9  <a href="#">Mother's Day 5K</a> <a href="#">Belpre, OH</a>	10	11 <a href="#">Beginners Clinic</a>	12	13	14	15  <a href="#">Chick Fill-A</a> <a href="#">10K</a>
16	17	18 <a href="#">Beginners Clinic</a>	19	20	21	22
23	24	25 Board Meeting <a href="#">Beginners Clinic</a>	26	27	28	29 TENTATIVE <a href="#">Sternwheel 5K</a> <a href="#">Marietta, OH</a>
30	31 Half Training 5 Mile					



# June 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <a href="#">Beginners Clinic</a>	2	3	4	5 <a href="#">Ridge Runner Marathon</a>  <a href="#">Cairo, WV</a>
6	7 Half Training 6 Mile	8 <a href="#">Heart Fund 5K</a> <a href="#">St Mary's WV</a> <a href="#">Beginners Clinic</a>	9	10	11	12 <a href="#">Chuck Cornelius Memorial 5K</a> <a href="#">Vincent, OH</a>
13	14 Half Training 7 Mile	15	16	17	18	19  <a href="#">Erickson 5K</a> <a href="#">Parkersburg, WV</a>
20	21 Half Training 8 Mile	22	23	24	25	26 <a href="#">St Mary's VFD 5K</a> <a href="#">St Mary's, WV</a>
27	28 Half Training 9 Mile	29 Board Meeting	30			



# July 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <a href="#">Firecracker 5K</a> <a href="#">Elizabeth, WV</a>
4	5 Half Training 10 Mile	6	7	8	9	10  <a href="#">Run For The</a> <a href="#">Roar 5K</a> <a href="#">Marietta, OH</a>
11	12 Half Training 12 Mile	13	14	15	16	17  <a href="#">John Epperly</a> <a href="#">Memorial Races</a> <a href="#">Belpre, OH</a>
18	19 Half Training 9 Mile	20	21	22	23	24 <a href="#">Tentative</a> <a href="#">Memorial Race</a>
25 Half Training 13.1 Mile	26	27 Board Meeting	28	29	30	31



# August 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Half Training 10 Mile	3	4	5	6	7 RCPCA 5K Harrisville, WV Belpre Mile Belpre, OH
8	9 Half Training 7 Mile	10	11	12	13	14 Wirt Co Fair 5K Elizabeth, WV
15	16 Half Training 5 Mile	17	18	19	20	21 News & Sentinel Half Marathon/2M Parkersburg, WV
22 N & S Kids Races Parkersburg, WV	23	24	25	26	27	28
29	30	31 Board Meeting				



# September 2010




Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Geico Classic CC
5	6	7	8	9	10	11 Chick-Fil-A CC
12	13	14	15	16	17	18 Challenge at Mountwood
19	20	21 Wood/Wash CC Inv.	22	23	24	25  RSVP 5K Marietta, OH
26	27	28 Board Meeting Wood Co. MS Champ CC	29	30		



# October 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10 Tony Cottrell  Memorial 5K Parkersburg, WV	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 Board Meeting	27	28	29	30
31						



# November 2010




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6  <a href="#">Toys 4 Tots Race</a> <a href="#">Parkersburg, WV</a>
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 <a href="#">Turkey Trot</a> <a href="#">Parkersburg, WV</a>	26	27
28	29	30				



# December 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Jingle Bell 2 Mile Parkersburg, WV
5	6	7	8	9	10	11
12	13	14	15	16	17	18  Ryan Jobes 5K Williamstown, WV
19 Mistletoe 5K St Mary's WV	20	21	22	23	24	25
26	27	28	29	30	31	