



September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Labor Day	2	3 Practice 5:30 – 6:30 East River Park	4	5 Season Opener Party & Registration 477 FDR Dr, Comm. Rm	6
7 Practice 9:30 – 11:00 East River Park	8	9	10 Practice 5:30 – 6:30 East River Park	11	12	13 Fifth Avenue Mile 12:00 – 3:30 Fifth Avenue, NYC
13 Practice 9:30 – 11:00 East River Park	15	16	17 Practice 5:30 – 6:30 East River Park	18	19	20
21 Practice 9:30 – 11:00 East River Park	22	23	24 Practice 5:30 – 6:30 East River Park	25	26	27
28 Practice 9:30 – 11:00 East River Park	29	30	1 Practice 5:30 – 6:30 East River Park	2	3	4

EVENTS

Fifth Avenue Mile
Saturday, September 13th
 Fifth Avenue
 New York, NY
 All runners meet at: 12:00 Noon

Season Opener Party & Registration
Friday, September 5th
 East River Community Room at 477 FDR Drive, Building #4
 New York, NYC 10002
 Time: 6:00 – 9:00 pm