



## 2008 BOSTON AND BEYOND MARATHON TRAINING SCHEDULE

All runs begin at 7:00 am!

<i>Mission Date</i>	<i>Blast Off Site</i>	<i>Moderate Intensity Meteors</i>	<i>High Intensity Comets</i>	<i>Landing Spot</i>
December 15, 2007	Portage YMCA	8 miles E	9 miles E	Full City Café
December 22, 2007	Public Safety Training Center	9 miles E	10 miles E	Panera Bread
December 29, 2007	Portage YMCA	9 miles E	12 miles E	Full City Café
January 5, 2008	Gull Lake	10 miles E	13 miles E	Fronas
January 12, 2008	Maple YMCA	10 miles E	14 miles E	Water Street Coffee
January 19, 2008	Decatur - Special-Lite	11 miles E	10 miles P	Special-Lite
January 26, 2008	Portage YMCA	12 miles E	16 miles E	Full City Café
February 2, 2008	Maple YMCA	13 miles E	18 miles E	Water Street Coffee
February 9, 2008	Plainwell Coffee Mill	10 miles P	12 miles P	Plainwell Coffee Mill
February 16, 2008	Bicentennial Kilgore	15 miles E	20 miles E	Panera Bread
February 23, 2008	Maple YMCA	16 miles E	1 mile E, 30 min T, 60 min E, 20 min T, 1 mile E	Water Street Coffee
March 1, 2008	Gull Lake	18 miles E	15 miles E	Fronas
March 8, 2008	KVCC-Texas Township	20 miles E	20 miles E	Asiagos
March 15, 2008	Bicentennial Kilgore	12 miles P	16 miles E	Panera Bread
March 22, 2008	Meijer Parking Lot-Gull Road	14 miles E	13 miles P	Beaners
March 29, 2008	Kal-Haven Trail	20 miles E or Kal-Haven Trail 2-Person Relay + 4 miles	22 miles E or Kal-Haven Trail 2-Person Relay + 6 miles	
April 5, 2008	Portage YMCA	12 miles E	14 miles E	Full City Café
April 6, 2007	<b>Martian Marathon</b>			
April 12, 2008	Plainwell Coffee Mill	8 miles E	10 miles E	Plainwell Coffee Mill
April 13, 2007	<b>Glass City Marathon</b>			
April 20, 2007	<b>Kentucky Derby Marathon</b>			
April 21, 2007	<b>Boston Marathon</b>			