

Spring Spartan June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:15am Saturday Workout at Ridgeway 5 points
2	3 6pm Ridgeway Monday Fun Day Workout 5 points	4 6pm Armory Tuesday Night Hill Workout 5 points	5	6	7 Mendon Mauler 10pts 6pm Ridgeway or Armory Friday Workout 5 points	8 9:15am Saturday Workout at Armory 5 points Tour de Cure 10pts
9	10 6pm Ridgeway Monday Fun Day Workout 5 points	11 6pm Armory Tuesday Night Hill Workout 5 points	12 Dirt Cheap Race #3 10 points	13	14 6pm Ridgeway or Armory Friday Workout 5 points	15 9:15am Saturday Workout at Ridgeway 5 points
16	17 6pm Ridgeway Monday Fun Day Workout 5 points	18 6pm Armory Tuesday Night Hill Workout 5 points	19	20	21 6pm Ridgeway or Armory Friday Workout 5 points	22 9:15am Saturday Workout at Armory 5 points
23	24 6pm Ridgeway Monday Fun Day Workout 5 points	25 Awards Ceremony!	26	27	28	29