

## FLEET FEET FEET January Winter Warriors − A Winter Challenge

| Sunday  | Monday  | Tuesday  | Wednesday                         | Thursday | Friday   | Saturday  |
|---|---|--|-----------------------------------|----------|--|---|
| Armory: 155 Culver Rd. P: 697-3338 Ridgeway: 2522 Ridgeway Ave. P: 270-4334 |   | 1<br>Donut Mile 10 pts   | 2<br>Snow Cheap race #2,<br>7pts  | 3        | Silly Sock Workout<br>6pm @ Ridgeway or<br>Armory 5pts   | 5<br>Winter Warrior Half<br>Marathon & Relay<br>10pts |
| 6   | <b>7</b><br>Monday Funday<br>Workout 6pm @<br>Ridgeway 5pts | 8 Saucony Wear Test Tuesday Night Hill Workout 6pm @ The Armory 5pts               | 9                                 | 10       | Fav. Race Medal Gore-Tex Friday Workout 6pm @ Ridgeway or Armory 5pts                                  | Gore-Tex Saturday Workout 9:15am @ Ridgeway 5pts      |
| 13  | 14<br>Monday Funday<br>Workout 6pm @<br>Ridgeway 5pts       | Hoka Wear Test Tuesday Night Hill Workout 6pm @ The Armory 5pts                    | 16<br>Snow Cheap Race #3,<br>7pts | 17       | Favorite singlet or race shirt Workout 6pm @ Ridgeway or Armory 5pts                                   | Saturday Workout<br>9:15am @ The Armory<br>5pts       |
| 20  | <b>21</b> Monday Funday Workout 6pm @ Ridgeway 5pts         | Garmin Tuesday Night Hill Workout 6pm @ The Armory 5pts                            | 23                                | 24       | 25<br>Hot Coco Workout<br>6pm @ Ridgeway or<br>Armory 5pts   | 26<br>Saturday Workout<br>9:15am @ Ridgeway<br>5pts   |
| 27  | 28<br>Monday Funday<br>Workout 6pm @<br>Ridgeway 5pts       | New Balance Wear<br>Test<br>Tuesday Night Hill<br>Workout 6pm @ The<br>Armory 5pts | 30<br>Snow Cheap Race #4,<br>7pts | 31       | M-F 10am – 7pm<br>Sat. 9am – 5pm<br>Sun. 12pm -5pm<br>fleetfeetrochester.com<br>yellowjacketracing.com |   |