



Training Locations for Summer Full and Half Marathon 2011

Complimentary Training for all Lung Power Team Fundraising Volunteers!

Training Kick Off: June 11, 2011

Location:	Session:
Chicago - Beverly	Saturdays – 6:00 am
Chicago - Hyde Park	Saturdays – 6:00 am *Full Training Only
Chicago - Downtown	Saturdays - 6:00 am
Chicago - Montrose	Saturdays - 6:00 am
Chicago - Montrose	Saturdays - 6:30 am
Chicago - Montrose	Sundays - 6:30 am
Darien	Saturdays - 7:00 am
Libertyville	Saturdays - 6:45 am
Niles	Saturdays - 7:00 am
Oak Forest	Saturdays - 6:50 am
Wheaton	Saturdays - 6:45 am

**Run/Walk is Downtown, Montrose, Oak Forest & Wheaton only

Training Paces:

7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30
11:00	11:30	12:00	**Run/Walk	11:30	**Run/Walk	12:00	