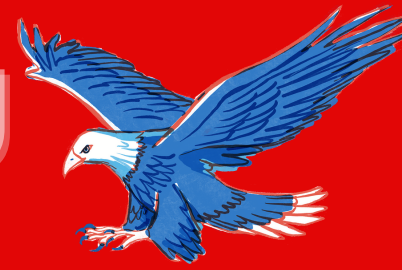




ARC Running July 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	 4 ARC Group Run July 4th - time?	5	6	 7 ARC Group Run 7PM - Brightside Aleworks	8	9 Midnight Madness - Ames - 5k,10k,15k
10	 11 ARC Group Run 5:30PM - Bondurant	12	13	 14 ARC Group Run 7PM - Brightside Aleworks	15	16 Clive Running Festival - Clive - 5k
17	 18 ARC Group Run 5:30PM - Altoona	19	20	 22 ARC Group Run 7PM - Brightside Aleworks	22	23 Iowa Games Cross Country - Ames
24	 25 ARC Group Run 5:30PM - Yellowbanks Park	26	27	 28 ARC Group Run	29	30 BIX7 - 7miles - Davenport
31						

What I want
to run
