








# 2019 Running Club Schedule




## April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3	4	5	6	MMFRC – Meeting 
7	8	9	10	11	12	13	MMFRC – Bates Indoor Track Ends May 1st 
14	15	16	17	18	19	20	
21	22	23	24 6:00 a.m.	25	26	27	
28	29	30					



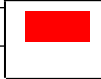
## May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 6:00 a.m.	2	3	4	MMFRC – Moving ME Forward Tuesday Running Club 
5	6	7 5:30 pm	8	9	10	11	MMFRC – Local 5k Running Event 
12	13	14 5:30 pm	15	16	17	18	
19	20	21 5:30 pm	22	23	24	25 C	MMFRC – Bates Indoor Track Ends May 1st 
26	27	28 5:30 pm	29	30	31		

## June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	MMFRC – Moving ME Forward Tuesday Running Club 
2	3	4 5:30 pm	5	6	7	8	MMFRC – Local 5k Running Event 
9	10	11 5:30 pm	12	13	14	15	
16	17	18 5:30 pm	19	20	21	22	MMFRC- Bates College Outdoor Track 
23	24	25 5:30 pm	26	27	28	29	
30							




## July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2 5:30 pm	3	4	5	6	MMFRC – Moving ME Forward Tuesday Running Club 
7	8	9 5:30 pm	10	11	12	13	MMFRC – Local 5k Running Event 
14	15	16 5:30 pm	17	18	19	20	
21	22	23 5:30 pm	24	25	26	27	MMFRC- Bates College Outdoor Track 
28	29	30 5:30 pm	31				



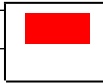
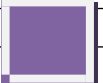


# 2019 Running Club Schedule

## August 19

Su	Mo	Tue	Wed	Th	Fri	Sat	MMFRC – Moving ME Forward Tuesday Running Club
				1	2		Central Maine Community 
4	5	6 5:30 pm	7	8	9	10	MMFRC – Local 5k Running Event 
11	12	13 5:30 pm	14	15	16	17	AUG 27 – 19 <sup>th</sup> Annual Celebration and Cookout
18	19	20 5:30 pm	21	22	23	24	
25	26	27 5:30 pm	28	29	30	31	MMFRC- Bates College Outdoor Track 

## September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	MMFRC – Moving ME Forward Tuesday Running Club
1	2	3 5:30 pm	4	5	6	7	Central Maine Community 
8	9	10 5:30 pm	11	12	13	14	MMFRC – Local 5k Running Event 
15	16	17 5:30 pm	18	19	20	21	
22	23	24 5:30 pm	25	26	27	28	MMFRC- Bates College Outdoor Track 
29	30						
							Lake Auburn Half Marathon (Lakeauburnhalf.org) 

### Moving ME Forward Website:

<http://www.movingmeforward.org/>



### Registration for the Moving ME Forward Running Club:

<https://runsignup.com/Club/ME/Auburn/MovingMEForward?>

