

# March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 NOVA Track Workout 6:30 PM Wakefield H.S. Arlington, VA Pizza & Beer at GG's	4	5 Tempo Run 6:15 PM Bluemont Park Arlington, VA	6	7
8	9	10 NOVA Track Workout 6:30 PM Wakefield H.S. Arlington, VA	11	12 Tempo Run 6:15 PM Bluemont Park Arlington, VA	13	14
15 Capital Running Company St. Patrick's Day 8K NOVA Volunteers Wanted!	16	17 NOVA Track Workout 6:30 PM Wakefield H.S. Arlington, VA	18	19 Tempo Run 6:15 PM Bluemont Park Arlington, VA	20	21 SunTrust National Marathon/Half Marathon NOVA Volunteers Wanted!
22	23	24 NOVA Track Workout 6:30 PM Wakefield H.S. Arlington, VA	25	26 Tempo Run 6:15 PM Bluemont Park Arlington, VA	27	28
29 Scope it Out 5K for Colon Cancer Research NOVA Team Entered	30	31 NOVA Track Workout 6:30 PM Wakefield H.S. Arlington, VA				