

## Pick Your Poison Week

Due to the Victorian Fair this week  
and

Lake Winnepesaukee Relay next week  
select the training that fits your needs

Run the MRC winter route distance first  
Meet back at Brueggers by 8AM  
Run the Half Training 11.2 mile route  
Then run the MRC summer route to finish

Run After 11.2 mile route  
(MRC Summer Routes)

	0	3.1	4.5	5.9	7.4
0	11.2	14.3	15.7	17.1	18.6
3.1	14.3	17.4	18.8	20.2	21.7
4.3	15.5	18.6	20.0	21.4	22.9
5.7	16.9	20.0	21.4	22.8	24.3
6.3	17.5	20.6	22.0	23.4	24.9

