



L Street Running Club
2018
FALL MARATHON TRAINING

7:30 AM start
doors opening at 7:00AM

| DATE | ROUTE | START LOCATION | MILES |
|----------------|------------------------------|-----------------------|--|
| 7/15 Sun | Charlestown Bunker Hill | Castle Island | 10 |
| 7/22 Sun | Neponset Path | McKeon Post | 12 – Southie Tri |
| 7/29 Sun | Kennedy Run | Castle Island | 15 |
| 8/4 Saturday | Emerald Necklace | M Street | 17 |
| 8/11 Saturday | Arsenal Street Bridge | M Street | 20 |
| 8/18 Saturday | Charlestown Navy Yard | M Street | 10 |
| 8/25 Saturday | JFK Bridge | M Street | 15 – Sun L Street Family BBQ ~ Columbia Yacht Club @ 2pm |
| 9/1 Saturday | Bay State Road | M Street | 10 – Labor Day Weekend |
| 9/8 Saturday | North Beacon Street | M Street | 22 |
| 9/15 Saturday | Quincy Bay Run | Marina Bay | 15 |
| 9/22 Saturday | Boston University | M Street | 14 |
| 9/29 Saturday | Back Bay | M Street | 10 |
| 10/6 Saturday | NO CLUB RUN | | BAA Half Marathon Chicago & Newport Marathons |
| 10/13 Saturday | Prudential via Boston Common | M Street | 10 |
| 10/20 Saturday | Bay State Road | M Street | 10 |

*** Please note these are tentative distances you can tailor the routes by running more or less miles to accommodate your own needs***