



Join Remind for Updates rmd.at/e4ea7. Use this if you do not have a smart phone - Text the message @e4ea7 to the number 81010. If you're having trouble with 81010, try texting @e4ea7 to (616) 421-4620.  
Boys run first, girls run second.

Monday	Tuesday	Wednesday	Thursday	Friday
22 No practice	23 Practice 10:00-11:00	24 Practice 10:00-11:00	25 Townsend Park 7:00 pm *need ride	26 No Practice Complete Challenge 1
29 Practice 10:00-11:00 Student registration	30 Practice 3:00-4:00	31 No Practice Complete Challenge 2	1 Practice 10:00-11:00	2 Practice 10:00-11:00
5 NO Practice Labor Day	6 Practice 2:45-3:45	7 Meet at Thornapple Kellogg 4:15	8 Practice 2:45-3:45	9 Practice 2:45-3:45
12 Practice 2:45-3:45	13 Meet at Home 4:15	14 Townsend Park 7:00-8:00 pm *need ride	15 At East Rockford 4:15	16 Practice 2:45-3:45
19 Practice 2:45-3:45	20 Meet at Cedar Springs 4:15	21 Townsend Park 7:00-8:00 *need ride	22 Splat Color Run At Home 4:15	23 No Practice Homecoming
26 NO PRACTICE (no school)	27 Meet at Wayland 4:15	28 Townsend Park 6:30-7:30 pm * need ride home	29 Kenowa Fun Run 4:15	30 Practice and Dinner Coach Vogel's 2:45-4:15
3 Practice 2:45-3:45	4 League Championship At Greenville 4:15	5 No Practice	6 Practice 2:45-3:45	7 Practice 2:45-3:45
10 Practice 2:45-3:45	11 Practice 2:45-3:45	12 WMMSC at Allendale Top Runners	13 Practice 2:45-3:45	14 MHSAA Regional

\*\*Dates and times are subject to change\*\*Published August