

Guerilla Running 2012... Experience the running revolution!

~ January 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 7:30AM: Mountain Mar/Hill Half Training Group 4PM: Yoga for Runners (Start Session #1)	9 6PM: Speed Training (Start Session 1) 7:15:PM Yoga for Runners (Start Session #1)	10	11 5:30AM: Yoga for Runners (Start Session #1) 5:30PM: Community Group Run	12	13 6AM: Yoga for Runners (Start Session #1)	14 7:30AM: Eugene Marathon Training Group
15 7:30AM: Mountain Mar/Hill Half Training Group 4PM: Yoga for Runners	16 6PM: Speed Training 7:15PM: Yoga for Runners	17 6PM: Eugene Marathon Speed Training	18 5:30AM: Yoga for Runners 5:30PM: Community Group Run	19	20 6AM: Yoga for Runners	21 7:30AM: Eugene Marathon Training Group
22 7:30AM: Mountain Mar/Hill Half Training Group 4PM: Yoga for Runners	23 6PM: Speed Training 7:15PM: Yoga for Runners	24 6PM: Eugene Marathon Speed Training	25 5:30AM: Yoga for Runners 5:30PM: Community Group Run	26	27 6AM: Yoga for Runners	28 7:30AM: Eugene Marathon Training Group
29 7:30AM: Mountain Mar/Hill Half Training Group 4PM: Yoga for Runners	30 6PM: Speed Training 7:15PM: Yoga for Runners	31 6PM: Eugene Marathon Speed Training	<p>Don't forget: Register for Session 1 of Yoga for Runners! http://www.guerillarunning.com/Yoga_for_Runners.html Register for Session 2 of Speed Training! http://www.active.com/page/Event_Details.htm?event_id=1997077&assetId=2949f396-ae5f-4ba1-8f27-1b4935869a4a</p> <p style="text-align: center;">“Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.” - Buddha -</p>			

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~ February 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
"Toughness is in the soul and spirit, not in muscles."			1 5:30AM: Yoga for Runners 5:30PM: Community Group Run	2	3 6AM: Yoga for Runners	4 7:30AM: Eugene Marathon & Half Training Groups
			5 7:30AM: Mountain Mar/Hill Half Training Group 4PM: Yoga for Runners	6 6PM: Speed Training 6PM: Boot Camp (Start Session #1) 7:15PM: Yoga for Runners	7 6PM: Eugene Marathon & Half Speed Training	8 5:30AM: Yoga for Runners 5:30PM: Community Group Run 5:30 Eugene Marathon Training
12 7:30AM: Mountain Mar/Hill Half Training Group 4PM: Yoga for Runners	13 6PM: Speed Training 6PM: Boot Camp 7:15: Yoga for Runners	14 6PM: Eugene Marathon & Half Speed Training	15 5:30AM: Yoga for Runners 5:30PM: Community Group Run 5:30 Eugene Marathon Training	16 6PM: Boot Camp	17 6AM: Yoga for Runners	18 7:30AM: Eugene Marathon & Half Training Groups
19 7:30AM: Mountain Mar/Hill Half Training Group 4PM: Yoga for Runners	20 6PM: Speed Training 6PM: Boot Camp 7:15: Yoga for Runners	21 6PM: Eugene Marathon & Half Speed Training	22 5:30AM: Yoga for Runners 5:30PM: Community Group Run 5:30 Eugene Marathon Training	23 6PM: Boot Camp	24 6AM: Yoga for Runners	25 7:30AM: Eugene Marathon & Half Training Groups
26 7:30AM: Mountain Mar/Hill Half Training Group 4PM: Yoga for Runners (End Session 1)	27 6PM: Speed Training (End Session 1) 6PM: Boot Camp 7:15: Yoga for Runners (End Session 1)	28 6PM: Eugene Marathon & Half Speed Training	29 5:30AM: Yoga for Runners (End Session 1) 5:30PM: Community Group Run 5:30 Eugene Marathon Training	Remember to: Register for Session 1 of Boot Camp! http://www.querilliarunning.com/Boot_Camp.html "First of all, thank you for the tough love at boot camp! I'm having a blast... it hurts, but it's fun and even though it's sometimes tough to drag my ass there, I'm ALWAYS glad I did." -Teresa L.		

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~ March 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Remember to: Sign up for the Mountain Marathon & Hillbilly Half Marathon! http://www.guerillarunning.com/Mountain_Marathon.htm Register for Session 2 of Yoga for Runners! http://www.guerillarunning.com/Yoga_for_Runners.html Register for Session 2 of Speed Training! http://www.active.com/page/Event_Details.htm?event_id=1997077&assetId=2949f396-ae5f-4ba1-8f27-1b4935869a4a				1 6PM: Boot Camp	2 6AM: Yoga for Runners (End Session 1)	3 7:30AM: Eugene Marathon & Half Training Groups MOUNTAIN MARATHON AND HILLBILLY HALF MARATHON
4 4PM: Yoga for Runners (Start Session #2)	5 6PM: Speed Training (Start Session 2) 6PM: Boot Camp 7:15PM: Yoga for Runners (Start Session 2)	6 6PM: Eugene Marathon & Half Speed Training	7 5:30AM: Yoga for Runners (Start Ses 2) 5:30PM: Community Group Run 5:30 Eugene Marathon Training	8 6PM: Boot Camp	9 6AM: Yoga for Runners (Start Session 2)	10 7:30AM: Eugene Marathon & Half Training Groups
11 4PM: Yoga for Runners	12 6PM: Speed Training 6PM: Boot Camp 7:15PM: Yoga for Runners	13 6PM: Eugene Marathon & Half Speed Training	14 5:30AM: Yoga for Runners 5:30PM: Community Group Run 5:30 Eugene Marathon Training	15 6PM: Boot Camp	16 6AM: Yoga for Runners	17 7:30AM: Eugene Marathon & Half Training Groups
18 4PM: Yoga for Runners	19 6PM: Speed Training 6PM: Boot Camp 7:15PM: Yoga for Runners	20 6PM: Eugene Marathon & Half Speed Training	21 5:30AM: Yoga for Runners 5:30PM: Community Group Run 5:30 Eugene Marathon Training	22 6PM: Boot Camp	23 6AM: Yoga for Runners	24 7:30AM: Eugene Marathon & Half Training Groups
25 4PM: Yoga for Runners	26 6PM: Speed Training 6PM: Boot Camp 7:15PM: Yoga for Runners	27 6PM: Eugene Marathon & Half Speed Training	28 5:30AM: Yoga for Runners 5:30PM: Community Group Run 5:30 Eugene Marathon Training	29 6PM: Boot Camp	30 6AM: Yoga for Runners	31 7:30AM: Eugene Marathon & Half Training Groups

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~ April 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 4PM: Yoga for Runners	2 6PM: Speed Training 6PM: Boot Camp 7:15PM: Yoga for Runners	3 6PM: Eugene Marathon & Half Speed Training	4 5:30AM: Yoga for Runners 5:30PM: Community Group Run 5:30 Eugene Marathon Training	5 6PM: Boot Camp	6 6AM: Yoga for Runners	7 7:30AM: Eugene Marathon & Half Training Groups
8 4PM: Yoga for Runners	9 6PM: Speed Training 6PM: Boot Camp (End Session 1) 7:15PM: Yoga for Runners	10 6PM: Eugene Marathon & Half Speed Training	11 5:30AM: Yoga for Runners 5:30PM: Community Group Run 5:30 Eugene Marathon Training	12 6PM: Boot Camp (End Session 1)	13 6AM: Yoga for Runners	14 7:30AM: Eugene Marathon & Half Training Groups 1PM CUPCAKE CLASSIC BACKWARDS MILE
15 4PM: Yoga for Runners	16 6PM: Speed Training 7:15PM: Yoga for Runners	17 6PM: Eugene Marathon & Half Speed Training	18 5:30AM: Yoga for Runners 5:30PM: Community Group Run 5:30 Eugene Marathon Training	19	20 6AM: Yoga for Runners	21 7:30AM: Eugene Marathon & Half Training Groups
22 4PM: Yoga for Runners (End Session 2)	23 6PM: Speed Training (End Session 2) 7:15PM: Yoga for Runners (End Session 2)	24 6PM: Eugene Marathon & Half Speed Training	25 5:30AM: Yoga for Runners (End Ses 2) 5:30PM: Community Group Run 5:30 Eugene Marathon Training	26	27 6AM: Yoga for Runners (End Session 2)	28
29 Eugene Marathon & Half Marathon Eugene, OR 4PM: Yoga for Runners (Start Session 3)	30 6PM: Speed Training (Start Session 3) 6PM: Boot Camp (Start Session 2) 7:15PM: Yoga for Runners (Start Session 3)	Remember to: Register for Session 3 of Yoga for Runners! http://www.guerillarunning.com/Yoga_for_Runners.html Register for Session 3 of Speed Training! http://www.active.com/page/Event_Details.htm?event_id=1997077&assetId=2949f396-ae5f-4ba1-8f27-1b4935869a4a Register for Session 2 of Boot Camp! http://www.guerillarunning.com/Boot_Camp.html				

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~ May 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6PM Women's Half Marathon Training Group	2 5:30AM: Yoga for Runners (Start Session #3) 5:30PM: Community Group Run	3 6PM: Boot Camp (Start Session #2)	4 6AM: Yoga for Runners (Start Session #3)	5 7:30AM Women's Half Marathon Training Group
6 4PM Yoga for Runners	7 6PM: Speed Training 6PM: Boot Camp 7:15PM: Yoga for Runners	8 6PM Women's Half Marathon Training Group	9 5:30AM: Yoga for Runners 5:30PM: Community Group Run	10 6PM: Boot Camp	11 6AM: Yoga for Runners	12 7:30AM Women's Half Marathon Training Group
13 4PM Yoga for Runners	14 6PM: Speed Training 6PM: Boot Camp 7:15PM: Yoga for Runners	15 6PM Women's Half Marathon Training Group	16 5:30AM: Yoga for Runners 5:30PM: Community Group Run	17 6PM: Boot Camp	18 6AM: Yoga for Runners	19 7:30AM Women's Half Marathon Training Group
20 4PM Yoga for Runners	21 6PM: Speed Training 6PM: Boot Camp 7:15PM: Yoga for Runners	22 6PM Women's Half Marathon Training Group	23 5:30AM: Yoga for Runners 5:30PM: Community Group Run	24 6PM: Boot Camp	25 6AM: Yoga for Runners	26 7:30AM Women's Half Marathon Training Group
27 4PM Yoga for Runners	28 6PM: Speed Training 6PM: Boot Camp 7:15PM: Yoga for Runners	29 6PM Women's Half Marathon Training Group	30 5:30AM: Yoga for Runners 5:30PM: Community Group Run	31 6PM: Boot Camp	Remember to: Register for the Women's Half Marathon Training Group! http://www.guerillarunning.com/Moon_Run.html	

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~ June 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Remember to: Register for Session 4 of Speed Training! http://www.active.com/page/Event_Details.htm?event_id=1997077&assetId=2949f396-ae5f-4ba1-8f27-1b4935869a4a Register for Session 2 of Boot Camp! http://www.guerillarunning.com/Boot_Camp.html Register for the Women's 4K Training Group! http://www.guerillarunning.com/Moon_Run.html					1 6AM: Yoga for Runners	2 7:30AM: Women's 4K & Half Marathon Training Groups
3 4PM Yoga for Runners	4 6PM: Speed Training 6PM: Boot Camp 7:15PM: Yoga for Runners	5 6PM Women's Half Marathon Training Group	6 5:30AM: Yoga for Runners 5:30PM: Community Group Run 6PM: Women's 4K Training Group	7 6PM: Boot Camp	8 6AM: Yoga for Runners	9 7:30AM: Women's 4K & Half Marathon Training Groups
10 4PM Yoga for Runners	11 6PM: Speed Training 6PM: Boot Camp 7:15PM: Yoga for Runners	12 6PM Women's Half Marathon Training Group	13 5:30AM: Yoga for Runners 5:30PM: Community Group Run 6PM: Women's 4K Training Group	14 6PM: Boot Camp	15 6AM: Yoga for Runners	16 7:30AM: Women's 4K & Half Marathon Training Groups
17 4PM Yoga for Runners (End Session 3)	18 6PM: Speed Training (End Session 3) 6PM: Boot Camp 7:15PM: Yoga for Runners (End Session 3)	19 6PM Women's Half Marathon Training Group	20 5:30AM: Yoga for Runners (End Session 3) 5:30PM: Community Group Run 6PM: Women's 4K Training Group	21 6PM: Boot Camp	22 6AM: Yoga for Runners (End Session 3)	23 7:30AM: Women's 4K & Half Marathon Training Groups
24	25 6PM: Speed Training (Start Session 4) 6PM: Boot Camp	26 6PM Women's Half Marathon Training Group	27 5:30PM: Community Group Run 6PM: Women's 4K Training Group	28 6PM: Boot Camp	29	30 7:30AM: Women's 4K & Half Marathon Training Groups

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~ July 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6PM: Speed Training 6PM: Boot Camp (End Session 2)	3 6PM Women's Half Marathon Training Group	4 5:30PM: Community Group Run 6PM: Women's 4K Training Group	5 6PM: Boot Camp (End Session 2)	6	7 4PM WOMEN'S MOON RUN 4K & HALF MARATHON
8	9 6PM: Speed Training	10	11 5:30PM: Community Group Run	12	13	14
15	16 6PM: Speed Training	17	18 5:30PM: Community Group Run	19	20	21
22	23 6PM: Speed Training	24	25 5:30PM: Community Group Run	26 6PM: Boot Camp (Start Session #3)	27	28
29	30 6PM: Speed Training	31	Remember to: Register for Session 3 of Boot Camp! http://www.querillarunning.com/Boot_Camp.html			

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~ August 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Remember to: Register for Session 5 of Speed Training! http://www.active.com/page/Event_Details.htm?event_id=1997077&assetId=2949f396-ae5f-4ba1-8f27-1b4935869a4a Register for Run for Fun or Run Your Fastest 5K Program http://www.querillarunning.com/Puget_Sound_Classic.html			1 5:30PM: Community Group Run	2 6PM: Boot Camp	3	4
5	6 6PM: Speed Training	7	8 5:30PM: Community Group Run	9 6PM: Boot Camp	10	11
12 6AM Transcendence 12-Hour Ultra-Endurance Challenge	13 6PM: Speed Training (End Session 4)	14	15 5:30PM: Community Group Run	16 6PM: Boot Camp	17	18
19	20 6PM: Speed Training (Start Session 5)	21 6PM: Run for Fun & Run Your Fastest 5K Training Group	22 5:30PM: Community Group Run	23 6PM: Boot Camp	24	25 7:30AM Run for Fun & Run Your Fastest 5K Training Group
26	27 6PM: Speed Training	28 6PM: Run for Fun & Run Your Fastest 5K Training Group	29 5:30PM: Community Group Run	30 6PM: Boot Camp	31	

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~ September 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Remember to: Register for the Puget Sound Classic 5K & 10K http://www.guerillarunning.com/Puget_Sound_Classic.html						1 7:30AM Run for Fun & Run Your Fastest 5K Training Group
2	3 6PM: Speed Training	4 6PM: Run for Fun & Run Your Fastest 5K Training Groups	5 5:30PM: Community Group Run	6 6PM: Boot Camp	7	8 7:30AM Run for Fun & Run Your Fastest 5K Training Group
9	10 6PM: Speed Training	11 6PM: Run for Fun & Run Your Fastest 5K Training Groups	12 5:30PM: Community Group Run	13 6PM: Boot Camp	14	15 7:30AM Run for Fun & Run Your Fastest 5K Training Group
16	17 6PM: Speed Training	18 6PM: Run for Fun & Run Your Fastest 5K Training Groups	19 5:30PM: Community Group Run	20 6PM: Boot Camp	21	22 7:30AM Run for Fun & Run Your Fastest 5K Training Group
23	24 6PM: Speed Training	25 6PM: Run for Fun & Run Your Fastest 5K Training Groups	26 5:30PM: Community Group Run	27 6PM: Boot Camp (End Session 3)	28	29 PUGET SOUND CLASSIC 5K & 10K
30	Remember to: Register for Session 6 of Speed Training! http://www.active.com/page/Event_Details.htm?event_id=1997077&assetId=2949f396-ae5f-4ba1-8f27-1b4935869a4a					

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~ October 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6PM: Speed Training	2 6PM Fall Half Marathon Training Group	3 5:30PM: Community Group Run	4	5	6 7:30AM Fall Half Marathon Training Group
7	8 6PM: Speed Training (End Session 5) 6PM: Boot Camp (Start Session #4)	9 6PM Fall Half Marathon Training Group	10 5:30PM: Community Group Run	11 6PM: Boot Camp (Start Session #4)	12	13 7:30AM Fall Half Marathon Training Group
14	15 6PM: Speed Training (Start Session 6) 6PM: Boot Camp	16 6PM Fall Half Marathon Training Group	17 5:30PM: Community Group Run	18 6PM: Boot Camp	19	20 7:30AM Fall Half Marathon Training Group
21	22 6PM: Speed Training 6PM: Boot Camp	23 6PM Fall Half Marathon Training Group	24 5:30PM: Community Group Run	25 6PM: Boot Camp	26	27 7:30AM Fall Half Marathon Training Group
28	29 6PM: Speed Training 6PM: Boot Camp	30 6PM Fall Half Marathon Training Group	31 5:30PM: Community Group Run	Remember to: Register for the Fall Half Marathon Training Group! http://www.guerillarunning.com/Training_Groups_Camps_Workshops.html Register for Session 2 of Boot Camp! http://www.guerillarunning.com/Boot_Camp.html		

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~ November 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6PM: Boot Camp	2	3 7:30AM Fall Half Marathon Training Group
4	5 6PM: Speed Training 6PM: Boot Camp	6 6PM Fall Half Marathon Training Group	7 5:30PM: Community Group Run	8 6PM: Boot Camp	9	10 7:30AM Fall Half Marathon Training Group
11	12 6PM: Speed Training 6PM: Boot Camp	13 6PM Fall Half Marathon Training Group	14 5:30PM: Community Group Run	15 6PM: Boot Camp	16	17 7:30AM Fall Half Marathon Training Group
18	19 6PM: Speed Training 6PM: Boot Camp	20 6PM Fall Half Marathon Training Group	21 5:30PM: Community Group Run	22 OLY TROT	23	24 7:30AM Fall Half Marathon Training Group
25	26 6PM: Speed Training 6PM: Boot Camp	27 6PM Fall Half Marathon Training Group	28 5:30PM: Community Group Run	29 6PM: Boot Camp	30	Notes:

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~ December 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7:30AM Fall Half Marathon Training Group
2	3 6PM: Speed Training (End Session 6) 6PM: Boot Camp	4 6PM Fall Half Marathon Training Group	5 5:30PM: Community Group Run	6 6PM: Boot Camp	7	8 7:30AM Fall Half Marathon Training Group
9	10 6PM: Boot Camp (End Session #4)	11	12 5:30PM: Community Group Run	13 6PM: Boot Camp	14	15
16 FALL HALF MARATHON TBD	17	18	19 5:30PM: Community Group Run	20 6PM: Boot Camp (End Session 4)	21	22
23	24	25	26 5:30PM: Community Group Run	27	28	29
30	31	Notes:				

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