



GROUP TRAINING SCHEDULE // 2023 SEASON

PLEASE NOTE: it is highly recommended to check the RidgeRunners Facebook group before leaving for runs. Any last minute changes or cancellations will be posted there. [Facebook.com/Groups/NRCRidgeRunners](https://www.facebook.com/Groups/NRCRidgeRunners)

TUESDAYS

Host	Time	City	Location
Tracy Verhines, Amanda Gryglas, Betsy Thomas	6:00P	Northville	Waterford Bend Recreation 6 Mile Station Dr.
Team Running Lab	6:00P	Brighton	Meet behind the store 409 W Main St.

SATURDAYS

Host	Time	City	Location
Leadership Team	7:00A	Northville	Waterford Bend Recreation 6 Mile Station Dr.