



2026 GROUP TRAINING SCHEDULE

Reminder: It's highly recommended to check the RidgeRunners Facebook group before leaving for group runs. Any last minute changes or cancellations will be posted there.

www.facebook.com/groups/NRCRidgeRunners

HOST	DAY	TIME	CITY	LOCATION
Carmen Hernandez, Peter Jargowsky, and Matt Lipsky	Monday	6:00p	Plymouth	Plymouth Township Park 46640 W Ann Arbor Trail meet at first parking lot near the splash pad
Sianny Trisna and Carla Thomas	Monday	6:30p	Ypsilanti	Ford Heritage Park 8399 Textile Rd. meet at the playground
Georgina Koch, Josh Parrish, and Laura Laichalk	Tuesday	6:00p	South Lyon	Centennial Middle School 62500 9 Mile Rd. meet at parking lot on west side of school
Amanda Gryglas and Caden Eisiminger	Thursday	5:30a	Westland	Central City Park 36601 Ford Rd. meet at the pavilion
Love Runs Group Run	Saturday	7:00a announcements 7:16a call paces	Northville	Waterford Bend Recreation Area 6 Mile Station Dr. meet at bridge near parking lot