

FTLOG Run Group Schedule

Date	Time	Day	Route	Link
5-Mar	4:30AM	Tuesday	5K Route Negley Start	<a href="https://www.mapmyfitness.com/routes/view/3133486498">https://www.mapmyfitness.com/routes/view/3133486498</a>
7-Mar	4:30AM	Thursday	Ladder from Community Center	<a href="https://www.mapmyfitness.com/routes/view/3128966062">https://www.mapmyfitness.com/routes/view/3128966062</a>
12-Mar	4:30AM	Tuesday	Empire Strikes Back	<a href="https://www.mapmyfitness.com/routes/view/4138080346">https://www.mapmyfitness.com/routes/view/4138080346</a>
14-Mar	4:30AM	Thursday	Big Negley Loops - PIE DAY!	<a href="https://www.mapmyfitness.com/routes/view/3132336985">https://www.mapmyfitness.com/routes/view/3132336985</a>
19-Mar	4:30AM	Tuesday	Towdah Chicken	<a href="https://www.mapmyfitness.com/routes/view/3330520459">https://www.mapmyfitness.com/routes/view/3330520459</a>
21-Mar	4:30AM	Thursday	Wreck It Rector	<a href="https://www.mapmyfitness.com/routes/view/3119081314">https://www.mapmyfitness.com/routes/view/3119081314</a>
26-Mar	4:30AM	Tuesday	Black Friday Burleson	<a href="https://www.mapmyfitness.com/routes/view/3132341836">https://www.mapmyfitness.com/routes/view/3132341836</a>
28-Mar	4:30AM	Thursday	Oh Mather! Negley Start	<a href="https://www.mapmyfitness.com/routes/view/3133431862">https://www.mapmyfitness.com/routes/view/3133431862</a>
2-Apr	4:30AM	Tuesday	Bowtie Negley Start	<a href="https://www.mapmyfitness.com/routes/view/4138033978">https://www.mapmyfitness.com/routes/view/4138033978</a>
4-Apr	4:30AM	Thursday	5K Route in Reverse Negley Start	<a href="https://www.mapmyfitness.com/routes/view/3133486498">https://www.mapmyfitness.com/routes/view/3133486498</a>
9-Apr	4:30AM	Tuesday	Small Negley Loops Negley Start	<a href="https://www.mapmyfitness.com/routes/view/3133464637">https://www.mapmyfitness.com/routes/view/3133464637</a>
11-Apr	4:30AM	Thursday	Shark	<a href="https://www.mapmyfitness.com/routes/view/3045629026">https://www.mapmyfitness.com/routes/view/3045629026</a>
16-Apr	4:30AM	Tuesday	The Green	<a href="https://www.mapmyfitness.com/routes/view/3133450222">https://www.mapmyfitness.com/routes/view/3133450222</a>
18-Apr	4:30AM	Thursday	Kirby	<a href="https://www.mapmyfitness.com/routes/view/3133454215">https://www.mapmyfitness.com/routes/view/3133454215</a>
23-Apr	4:30AM	Tuesday	Mountain City (take sidewalk out and back)	<a href="https://www.mapmyfitness.com/routes/view/3133457746">https://www.mapmyfitness.com/routes/view/3133457746</a>
25-Apr	4:30AM	Thursday	Haupt Loops	<a href="https://www.mapmyfitness.com/routes/view/3133467271">https://www.mapmyfitness.com/routes/view/3133467271</a>
30-Apr	4:30AM	Tuesday	5K Route Negley Start	<a href="https://www.mapmyfitness.com/routes/view/3133486498">https://www.mapmyfitness.com/routes/view/3133486498</a>
2-May	4:30AM	Thursday	Ladder from Community Center	<a href="https://www.mapmyfitness.com/routes/view/3128966062">https://www.mapmyfitness.com/routes/view/3128966062</a>
7-May	4:30AM	Tuesday	Empire Strikes Back	<a href="https://www.mapmyfitness.com/routes/view/4138080346">https://www.mapmyfitness.com/routes/view/4138080346</a>
9-May	4:30AM	Thursday	Big Negley Loops	<a href="https://www.mapmyfitness.com/routes/view/3132336985">https://www.mapmyfitness.com/routes/view/3132336985</a>
14-May	4:30AM	Tuesday	Towdah Chicken	<a href="https://www.mapmyfitness.com/routes/view/3330520459">https://www.mapmyfitness.com/routes/view/3330520459</a>
16-May	4:30AM	Thursday	Wreck It Rector	<a href="https://www.mapmyfitness.com/routes/view/3119081314">https://www.mapmyfitness.com/routes/view/3119081314</a>
21-May	4:30AM	Tuesday	Black Friday Burleson	<a href="https://www.mapmyfitness.com/routes/view/3132341836">https://www.mapmyfitness.com/routes/view/3132341836</a>
23-May	4:30AM	Thursday	Oh Mather! Negley Start	<a href="https://www.mapmyfitness.com/routes/view/3133431862">https://www.mapmyfitness.com/routes/view/3133431862</a>
28-May	4:30AM	Tuesday	Bowtie Negley Start	<a href="https://www.mapmyfitness.com/routes/view/4138033978">https://www.mapmyfitness.com/routes/view/4138033978</a>
30-May	4:30AM	Thursday	5K Route Negley Start	<a href="https://www.mapmyfitness.com/routes/view/3133486498">https://www.mapmyfitness.com/routes/view/3133486498</a>

We will start at Community Center, 450 Haupt, unless otherwise noted as "Negley Start" which starts at Negley Elementary. Questions? Message [fortheloveofgo@gmail.com](mailto:fortheloveofgo@gmail.com)

FTLOG Run Group Schedule

Date	Time	Day	Route	Link
3-Mar	5:00AM	Sunday	Kirby plus the Green (Or 5 Mile Dam)	<a href="https://www.mapmyfitness.com/routes/view/3133506226">https://www.mapmyfitness.com/routes/view/3133506226</a>
10-Mar	5:00AM	Sunday	Adkins to Donuts	<a href="https://www.mapmyfitness.com/routes/view/3128913949">https://www.mapmyfitness.com/routes/view/3128913949</a>
17-Mar	5:00AM	Sunday	Green Mountain 9 Miler - Saint Patrick's Day	<a href="https://www.mapmyfitness.com/routes/view/2911053103">https://www.mapmyfitness.com/routes/view/2911053103</a>
24-Mar	5:00AM	Sunday	Plum Creek 10 Miler	<a href="https://www.mapmyfitness.com/routes/view/3308345065">https://www.mapmyfitness.com/routes/view/3308345065</a>
31-Mar	5:00AM	Sunday	Plum Crazy Half Half (One loop)	<a href="https://www.mapmyfitness.com/routes/view/3062890813">https://www.mapmyfitness.com/routes/view/3062890813</a>
7-Apr	OYO	Sunday	10K route plus the Green No Lake - CAP 10K Day	<a href="https://www.mapmyfitness.com/routes/view/3133521304">https://www.mapmyfitness.com/routes/view/3133521304</a>
14-Apr	5:00AM	Sunday	Mountain City from the Green 7 miler	<a href="https://www.mapmyfitness.com/routes/view/3133491283">https://www.mapmyfitness.com/routes/view/3133491283</a>
21-Apr	5:00AM	Sunday	Plum Creek 8 Miler	<a href="https://www.mapmyfitness.com/routes/view/2893815664">https://www.mapmyfitness.com/routes/view/2893815664</a>
28-Apr	5:00AM	Sunday	Kirby plus the Green	<a href="https://www.mapmyfitness.com/routes/view/3133506226">https://www.mapmyfitness.com/routes/view/3133506226</a>
5-May	5:00AM	Sunday	Adkins to Donuts - Cinco de Mayo!	<a href="https://www.mapmyfitness.com/routes/view/3128913949">https://www.mapmyfitness.com/routes/view/3128913949</a>
12-May	5:00AM	Sunday	Green Mtn 9 Miler	<a href="https://www.mapmyfitness.com/routes/view/2911053103">https://www.mapmyfitness.com/routes/view/2911053103</a>
19-May	5:00AM	Sunday	Plum Creek 10 Miler	<a href="https://www.mapmyfitness.com/routes/view/3308345065">https://www.mapmyfitness.com/routes/view/3308345065</a>
26-May	5:00AM	Sunday	Plum Crazy Half Half (One loop)	<a href="https://www.mapmyfitness.com/routes/view/3062890813">https://www.mapmyfitness.com/routes/view/3062890813</a>

Sunday Long Runs start at Community Center, 450 Haupt. Questions? Message [fortheloveofgo@gmail.com](mailto:fortheloveofgo@gmail.com)