

# LFM Tri Team April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Cherry Blossom DC</b> - SBJ	2 5:30pm Spin w/ Connie LFM	3 7:00pm Strength Train w/ Kris LFM	4 5:00pm Swim w/ Melody AC	5	6 5:00pm Strength Train w/ Kris LFM	7 <b>Mindy Van Pelt 5K</b> Rawlings, MD
8 	9 5:30pm Spin w/ Connie LFM	10 7:00pm Strength Train w/ Kris LFM	11 5:00pm Swim w/ Melody AC	12	13 5:00pm Strength Train w/ Kris LFM	14
15	16 <b>Boston</b> <b>Marathon - CBF</b> 5:30pm Spin w/ Connie LFM	17 7:00pm Strength Train w/ Kris LFM	18 5:00pm Swim w/ Melody AC	19	20 5:00pm Strength Train w/ Kris LFM	21 <b>Big Bear Lake</b> 20K Trail Run
22	23 5:30pm Spin w/ Connie LFM	24 <b>6:30pm Tri Team</b> <b>Monthly Meeting</b> 7:00pm Strength Train w/ Kris LFM	25 5:00pm Swim w/ Melody AC	26	27 5:00pm Strength Train w/ Kris LFM	28 <b>Ocean City Half</b> <b>Marathon</b> <b>Catch Me If You Can</b> <b>5 &amp; 10 Mile Loop</b> Rocky Gap State Park
29	30 5:30pm Spin w/ Connie LFM	<a href="http://www.qcstriders.org">www.qcstriders.org</a> <a href="http://www.iplayoutside.com/Events/2012/04/13852.html">http://www.iplayoutside.com/Events/2012/04/13852.html</a> <a href="http://octrirunning.com/events/ocean-city-half-marathon-2011/">http://octrirunning.com/events/ocean-city-half-marathon-2011/</a>				

