

FUREY 26.2

Important Dates

12/7: Weekly email newsletters begin

12/7 – 12/19: Shopping weekend w/
Heartbreak Hill Running Company

Late Dec: Injury webinars

1/1/22: First group long run departing
from Joint Ventures

1/12/22: First group hill run

Mid Jan: Nutritional strategies webinar

3/26/22: Framingham to Boston long run

4/15/22: Final long run

4/18/22: Race day!