

Calendar of Events

August 17, 2017

Rogue Runners group runs
5:30am

RTC has partnered with the Rogue Runners to offer weekly group runs. Runs are offered on Tuesdays / Thursday at 5:30am. Meeting location is Libbie and Grove, next to the Suntrust Bank. There are weekly routes, ranging from 6-7 miles, back to last policy is in affect. (No one gets left behind)

There are weekend runs as well, posted by other Rogue Runners. Join the Rogue Runner Facebook page to stay on top of all the running opportunities.

August 19, 2017

Powhatan Sprint/Olympic Workout
Jack's Home, Westlake at Millmount Sub Division
3856 Mill Mount Drive
Powhatan, VA 23139

7:00 am

Jack Crowley, 804-245-0689

jack@jackcrowley.com

I host a sprint or olympic distance workout every Saturday starting at 7am.

Swim - 30 mins or less in crystal clear lake

Bike - 26 miles +/- based on ability, out and back on very low traffic rolling roads

Run - 3.1, 4.3, 6.2 - your choice, just follow the neighborhood curb lines

Recover - hang out on the patio, overlooking the lake, feel free to bring your recovery food

Please let me know if you intend to come, feel free to bring any friends.

August 22, 2017

Rogue Runners group runs

5:30am

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August 24, 2017

Rogue Runners group runs

5:30am

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August 26, 2017

Powhatan Sprint/Olympic Workout

Jack's Home, Westlake at Millmount Sub Division

3856 Mill Mount Drive

Powhatan, VA 23139

7:00 am

Jack Crowley, 804-245-0689

jack@jackcrowley.com

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Swim - 30 mins or less in crystal clear lake

Bike - 26 miles +/- based on ability, out and back on very low traffic rolling roads

Run - 3.1, 4.3, 6.2 - your choice, just follow the neighborhood curb lines

Recover - hang out on the patio, overlooking the lake, feel free to bring your recovery food

Please let me know if you intend to come, feel free to bring any friends.

August 29, 2017

Rogue Runners group runs

5:30am

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August 31, 2017

Rogue Runners group runs

5:30am

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September 2, 2017

Powhatan Sprint/Olympic Workout

Jack's Home, Westlake at Millmount Sub Division

3856 Mill Mount Drive

Powhatan, VA 23139

7:00 am

Jack Crowley, 804-245-0689

jack@jackcrowley.com

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September 5, 2017

Rogue Runners group runs

5:30am

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September 7, 2017

Rogue Runners group runs

5:30am

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September 9, 2017

Powhatan Sprint/Olympic Workout

Jack's Home, Westlake at Millmount Sub Division

3856 Mill Mount Drive

Powhatan, VA 23139

7:00 am

Jack Crowley, 804-245-0689

jack@jackcrowley.com

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September 12, 2017

Rogue Runners group runs

5:30am

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September 14, 2017

Rogue Runners group runs

5:30am

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September 16, 2017

Powhatan Sprint/Olympic Workout

Jack's Home, Westlake at Millmount Sub Division

3856 Mill Mount Drive

Powhatan, VA 23139

7:00 am

Jack Crowley, 804-245-0689

jack@jackcrowley.com

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September 19, 2017

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September 21, 2017

Rogue Runners group runs

5:30am

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September 23, 2017

Powhatan Sprint/Olympic Workout

Jack's Home, Westlake at Millmount Sub Division

3856 Mill Mount Drive

Powhatan, VA 23139

7:00 am

Jack Crowley, 804-245-0689

jack@jackcrowley.com

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September 30, 2017

Powhatan Sprint/Olympic Workout

Jack's Home, Westlake at Millmount Sub Division

3856 Mill Mount Drive

Powhatan, VA 23139

7:00 am

Jack Crowley, 804-245-0689

jack@jackcrowley.com

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