

## Calendar of Events

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July 17, 2018

**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.*

July 18, 2018

**RTC Group Swim**  
**Robious Landing Park**  
**3800 James River Rd, Midlothian, VA 23113**  
**Midlothian, VA 23113**  
6pm  
Jeff Moore,  
jtmoore8@gmail.com  
*RTC Group Swim at Robious Landing Park*  
*6-7PM all RTC members welcome*  
*A kayak supported swim weather permitting*  
*Check the RTC Facebook page for more information*

July 19, 2018

### **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)*

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July 21, 2018

### **Sprint & Olympic+ Tri Workout with Lake Swim**

**Jack's House**

**3856 Mill Mount Drive**

**Powhatan, VA 23139**

7 AM

Jack Crowley, 804-245-0689

jack@jackcrowley.com

*STARTING 6/30 7AM START due to longer swim, bike and run times + hot weather.*

*45 Minute Lake Swim (mid 80s) (duration increases by 5 mins per week)*

*2 hour bike, out and back on very low traffic roads (Three Bridge & Cosby) (duration increases by 10 mins per week)*

*Run - distance your choice, 3.2, 5.8, 6.4 in the neighborhood, no traffic.*

*Recovery - hang out on the patio overlooking the lake, cool off in the lake. Bring snacks to share. Dee may also whip up some goodies.*

*RSVP jack@jackcrowley.com*

*This is an out and back, no one gets dropped. Kayaks are available if you need assistance, just need to bring your support. Or, you can swim along the shore line.*

July 23, 2018

### **RTC Group Swim**

**Robious Landing Park**

**3800 James River Rd, Midlothian, VA 23113**

**Midlothian, VA 23113**

6pm

Jeff Moore,

jtmoore8@gmail.com

*RTC Group Swim at Robious Landing Park*

*6-7PM all RTC members welcome*

*A kayak supported swim weather permitting*

*Check the RTC Facebook page for more information*

July 24, 2018

**Rogue Runners group runs**

5:30am

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*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.*

July 25, 2018

**RTC Group Swim**

**Robious Landing Park**

**3800 James River Rd, Midlothian, VA 23113**

**Midlothian, VA 23113**

6pm

Jeff Moore,

jtmoore8@gmail.com

*RTC Group Swim at Robious Landing Park*

*6-7PM all RTC members welcome*

*A kayak supported swim weather permitting*

*Check the RTC Facebook page for more information*

July 26, 2018

**Rogue Runners group runs**

5:30am

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July 28, 2018

**Sprint & Olympic+ Tri Workout with Lake Swim**

**Jack's House**

**3856 Mill Mount Drive**

**Powhatan, VA 23139**

7 AM

Jack Crowley, 804-245-0689

jack@jackcrowley.com

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July 30, 2018

**RTC Group Swim**

**Robious Landing Park**

**3800 James River Rd, Midlothian, VA 23113**

**Midlothian, VA 23113**

6pm

Jeff Moore,

jtmoore8@gmail.com

*RTC Group Swim at Robious Landing Park*

*6-7PM all RTC members welcome*

*A kayak supported swim weather permitting*

*Check the RTC Facebook page for more information*

July 31, 2018

**Rogue Runners group runs**

5:30am

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August 2, 2018

**Rogue Runners group runs**

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August 4, 2018

**Sprint & Olympic+ Tri Workout with Lake Swim**

**Jack's House**

**3856 Mill Mount Drive**

**Powhatan, VA 23139**

7 AM

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August 7, 2018

## **Rogue Runners group runs**

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August 9, 2018

**Rogue Runners group runs**

5:30am

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August 11, 2018

**Sprint & Olympic+ Tri Workout with Lake Swim**

**Jack's House**

**3856 Mill Mount Drive**

**Powhatan, VA 23139**

7 AM

Jack Crowley, 804-245-0689

jack@jackcrowley.com

*STARTING 6/30 7AM START due to longer swim, bike and run times + hot weather.*

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August 14, 2018

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**Powhatan, VA 23139**

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