



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Event Surf City Marathon 4:00am - 4:00p(GVHS)		3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



SOAR Training Schedule 2009