

NSC Training Schedule '08

Running

- Jan. 5—**Jamaica Trail**, 25th & Saltillo Rd. 8:30 a.m.
- Jan. 13—**Wilderness Park**, 3rd & Pioneers parking lot, 1:30 p.m.
- Jan. 20—**Panama Trail Run**, 1:30 p.m.
- Feb. 2—**Animal Run**, Hickman, 10 a.m.
- Feb. 10—**Panama Adventure Race**, 1:30 p.m.
- Feb. 16—**MoPac**, 84th St. entrance, 8:30 a.m.
- Mar. 2—**Wilderness Park**, 14th & Rokeby Rd parking lot, 1:30 p.m.
- Mar. 16—**Panama Enduro**, 1:30 p.m.
- Mar. 30—**Wagon Train Lake**, Hickman, 1:30 p.m.

Outdoor Cycling

- Mar. 22—**Jamaica Trail**, 25th & Saltillo Rd., 9 a.m.
- April 12—**Branched Oak Lake**, Area 7, 9 a.m.

For spin class information call Tiger Coaching & Personal Training 402.488.8280

Training Workshops

- Jan. 23—**Bike Maintenance**, CycleWorks/Moose's Tooth, 6–8 p.m.
- Feb. 13—**Gear/Clothing**, CycleWorks/Moose's Tooth, 6–8 p.m.
- Mar. 5—**Orienteering**, NSC Headquarters 7 p.m.

First and third Tuesday each month, bike maintenance, Blue's Bike & Fitness 6 p.m.

For information on nutrition, strength training, or running/workout apparel, call Gary at Tiger Coaching & Personal Training 402.488.8280

