Friday, November 10th 3-4:00 DBS Practice

Monday, November 13th 3:30-4:30 Cummins Falls Practice

Thursday, November 16th 3:30-4:30 Cummins Falls Practice

**\*Saturday, November 18th 8:30 Cummins Falls 5K Race**

**Cummins Falls State Park 1&2 Mile Race**

**\*Participation in the race on November 18th at Cummins Falls State Park is strongly ENCOURAGED. I am aware that life happens and we can’t always be there but I would really appreciate communication. This is the race that funds our run club shoes!**

Friday, December 1st 3-4:00 DBS Practice

**\*Saturday, December 2nd TBA Lebanon, TN 5K Race**

**Cedars of Lebanon 1&2 Mile Race**

Thursday, December 7th 3-4:00 DBS Practice

**\*Saturday, December 9th TBA Burns, TN 1&2 Mile Race**

**Montgomery Bell**

**\*NOTE: THE CEDARS OF LEBANON RACE THAT WAS SCHEDULED FOR THE SPRING SEASON GOT MOVED TO DECEMBER 2ND.**

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(931) 268-0761/ [www.remind.com](http://www.remind.com) code @2016cfrc

Friday, February 9th 3-4:00 DBS Practice

Friday, February 16th 3:30-4:30 Cummins Falls Practice

Thursday, February 22nd 3:30-4:30 Cummins Falls Practice

**\*Saturday, February 24th 8:30 am Cummins Falls 1&2 Mile Race**

Friday, March 9th 3-4:00 DBS Practice

**\*March or April (TBA) TBA DBS Wildcat Run Race**

Friday, March 23rd 3-4:00 DBS Practice

Thursday, April 5th 3:30-4:30 Cummins Falls Practice

**\*Saturday, April 7th TBA Lawrenceburg, TN 1&2 Mile Race**

**David Crockett**

Friday, April 20th 3-4:00 DBS Practice

Friday, April 27th 3-4:00 DBS Practice

Monday, April 30th 3:30-4:30 Cummins Falls Practice

**\*Saturday, May 5th TBA Silver Point, TN 1&2 Mile Race**

**Edgar Evins**

Thursday, May 10th 3:30-4:30 Cummins Falls Practice

**\*Saturday, May 12th TBA Crossville, TN 1&2 Mile Race**

**Cumberland Mountain**