



### Tuesday Night Running Venues

(All meeting times are 5:45 PM. Late-comers can find maps and/or workout instructions at the meeting places, or go directly to the workout) Contact: Coach Panther ([panther@riffraffatx.com](mailto:panther@riffraffatx.com) / (512)203-2236)

Date	Meeting Place	Directions to Workout	Workout Venue
3/02/10	Staples Parking lot at Mueller shopping strip center	Take I-35 and exit at 51 <sup>st</sup> Street. Enter the strip center, where Home Depot, Staples, and other businesses are. Meet in Staples parking lot.	Mild hills
4/06/10	Barton Springs Pool	Off Barton Springs RD. Exit Mopac from the west or exit I-35 onto Riverside from the east.	Rolling Hills and some short steep hills
5/4/10	Hula Hut Parking Lot	Take Lake Austin Blvd. off Mopac	3-mile loop, with some short, steep hills
6/1/10	Mangia's Parking Lot	Exit Mopac onto Spicewood Springs, heading west. Mangia's is at the corner of Mesa and Spicewood Springs.	Long hill repeats
7/6/10	Courtyard: End of Bridge Point Parkway, just north of the bridge on 360	From the south, take 360 over the bridge and take first left at the light. Take that road to the end to meet the group.  From the north, take 360 toward the river. Just before reaching the river, turn right onto Bridge Point Parkway.	Very steep hill