



2011 Badgerland Strider Marathon Build-up Program Schedule

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The Strider Marathon Build-up runs begin and finish at the picnic area just west of the lawn bowling area and the Lake Park Pavilion, 3133 Newberry Blvd. Aurora Sports Medicine Institute provides both financial support for this program as well as staff on-site at these runs. We especially want to thank [Doc Gordon](#) for being available to runners for questions and evaluations.

All runs, except for those designated with an *** and in **bold** letters, are on Saturdays and start at 8:00 am sharp. Water stops and finish area refreshments are provided (a small \$ donation is greatly appreciated). Volunteers are needed to man the water stops and help at the finish area. Please check on each Friday evening the graffiti board link on the BLS web site at www.badgerlandstriders.org for any last minute changes to this schedule due to weather or an emergency.

July:

7/2	Saturday	8:00 am	6 mile run
7/9	Saturday	8:00 am	8 mile run
7/16	Saturday	8:00 am	10 mile run
7/23	Saturday	8:00 am	12 mile run
7/31	Strider Cudahy Classic Race - no build up run		

August:

8/6	Saturday	8:00 am	14 mile run
8/13	Saturday	8:00 am	16 mile run
*** 8/20	Saturday	7:30 am	18 mile run

8/27 Strider Fall ½ Marathon Race – no build up run

September:

*** 9/3	Saturday	7:00 am	20 mile run
*** 9/10	Saturday	7:00 am	22 mile run
*** 9/18	Sunday	8:00 am	8-14 mile run (Because Al's Run is on 9/17)
9/24	Saturday	8:00 am	8-14 taper run

October 2nd, Sunday, - Milwaukee's Lakefront Marathon - 7:30 am