

Dorchester Running Club

Berlin Week One: 06/15

Chicago/Newport Week One: 06/29

Marine Corps Week One: 07/13

NYC Week One: 07/20

Philly Week One: 08/03

| Week # | Date | Saturday Long Run Miles |
|----------|------|-------------------------|
| One | | 5 miles |
| Two | | 7 miles |
| Three | | 9 miles |
| Four | | 7 miles |
| Five | | 10 miles |
| Six | | 12 miles |
| Seven | | 15 miles |
| Eight | | 12 miles |
| Nine | | 16 miles |
| Ten | | 18 miles |
| Eleven | | 20 miles |
| Twelve | | 14 miles |
| Thirteen | | 20 miles |
| Fourteen | | 13 miles |
| Fifteen | | 10 miles |
| Sixteen | | 26.2! |

All runs begin and end at Garvey Park on Neponset Avenue at 7:00am - Saturdays
 For weekly course routes and water stop information: [facebook.com/dotrunners](https://www.facebook.com/dotrunners)