

## NLFC 2017 EVENTS

### January:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training

### February:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training  
**February 19 – Rebounder Rohnert Park  
(Ninja Warrior set-up. NLFC Spartan Training).**  
**\$22/per person**

### March:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training

### April:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training  
April 1 – **Spartan Super Mt. Diablo (San Jose)**  
April 2 – **Russian River Mud Run**  
April 2 - **Spartan Sprint Mt. Diablo (San Jose)**

### May:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training  
**May 14 – Mother's Day WOD**  
**May 20 – Rugged Maniac Pleasanton (5k mud  
run & party)**  
**Gym closed May 29 Memorial Day**

### June:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training  
**June 3 – Spartan Super Monterey**  
**June 18 – Father's Day WOD**

### July:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training

### August:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training  
**August 5 – 6 – Spartan Beast Hawaii**

### September:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training  
**Gym closed – September 4 Labor Day**  
**September 16 – Prostate Cancer Run**  
**September 30 – Spartan Beast Tahoe**

### October:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training  
**(Date TBD) Breast Cancer Run 5k – Yountville**  
**October 28 – Spartan Beast Big Bear Lake**

### November:

Every Saturday – 9 am running group  
Every Sunday – 9 am Spartan training  
**November 11 – Spartan Super Sacramento**  
**November 12 – Spartan AT&T Stadium Sprint**  
**November 23 – Turkey Trot (location TBD)**  
**Gym closed 23 - 24**

### December:

**Gym closed December 24 – 26 & December 31  
– January 2**