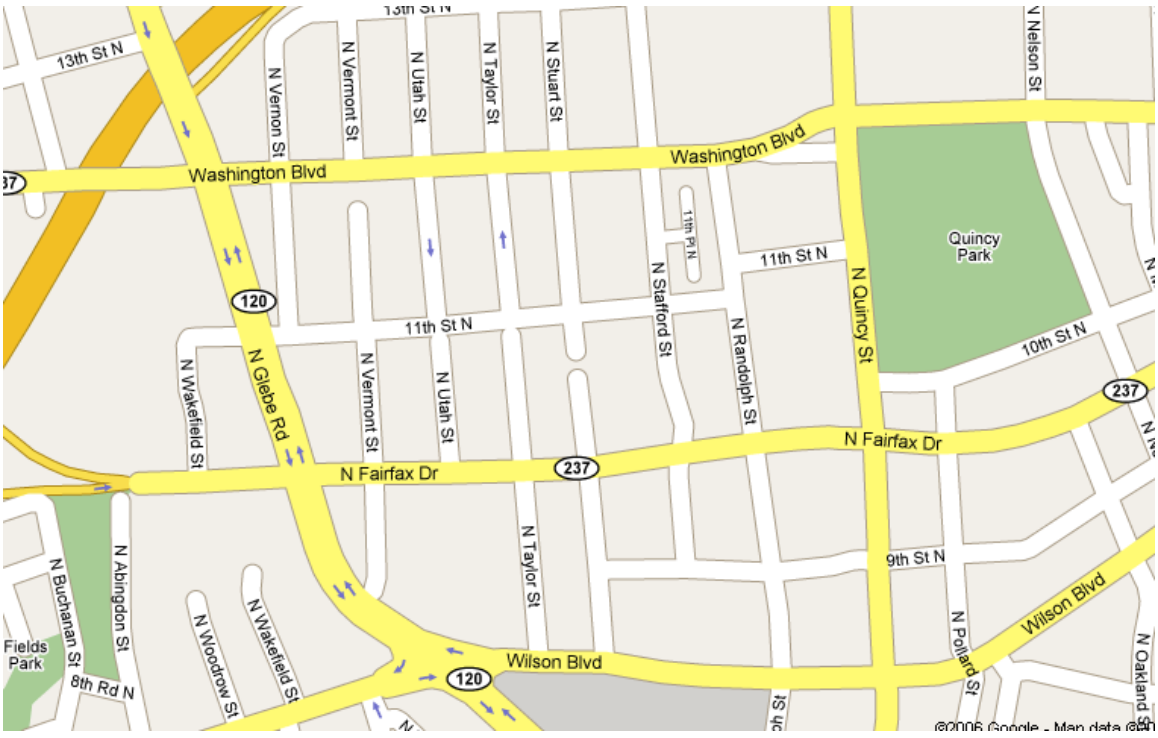
# Potomac Runners

## TRACK WORKOUTS

**WHEN & WHERE**: PR meets every Wednesday evening for interval sessions on the Washington Lee High School outdoor track in Arlington, Virginia, beginning at 6:30 PM. Please plan to arrive at least 15 minutes before the start, so that you will be able to warm up. The track is located on the corner of Washington Boulevard and North Stafford Street in Arlington.

**WEATHER or NOT**: PR only trains on the outdoor track when the track surface is safe for running. Some exceptions may not be weather-related, as PR may not have access to the track because of scheduled or unscheduled school events. When the track is not accessible, PR will do hill repeats or run on the nearby Custis Trail.

**WOW**: PR is fortunate to train on the nicest outdoor track in Northern Virginia. Please practice your best track etiquette at all times.

**HOW**: Please map your driving directions Washington Lee High School (1300 N. Quincy St. Arlington, VA 22201) using Yahoo, MapQuest, or Google. If you prefer to take Metro, the closest Metro stop to the track is Ballston.

**MORE**: To learn more about PR track workouts: http://groups.yahoo.com/group/PR_Track