



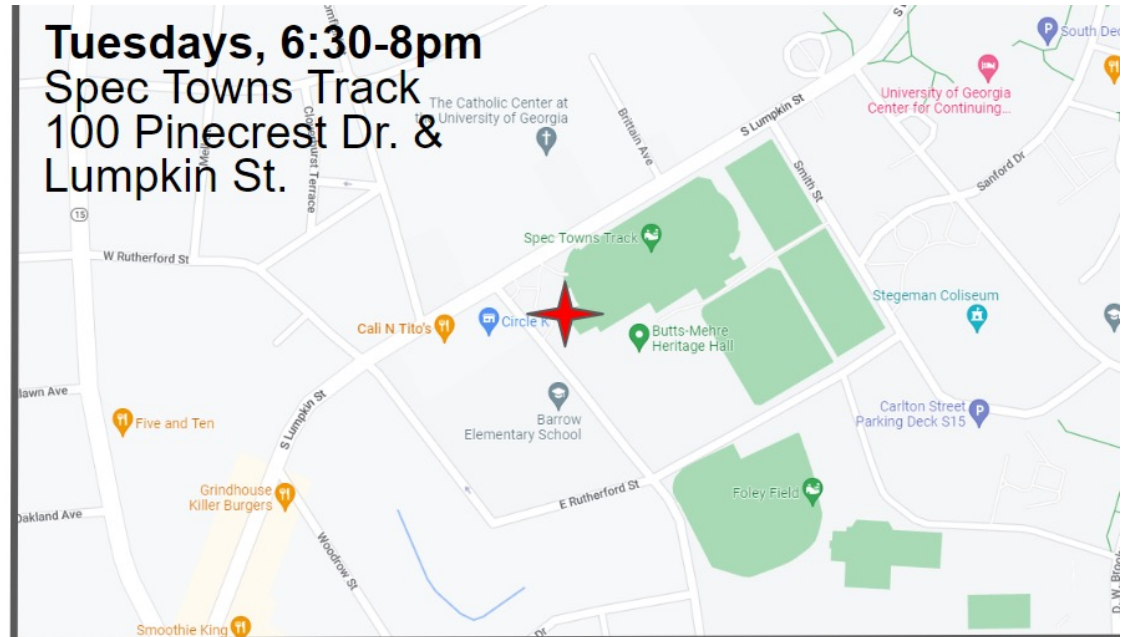
# Summer Workouts 2023

- June 6th startup
- Bring a water bottle and a friend
- Tuesdays 6:30-8:00pm @UGA [Track & Field](#)
- Thursdays 6:00-7:00 pm @[Botanical Gardens](#)
- No practice June 13th or the week of July 4th
- July 17-20, OVP Running Camp
- Special Saturdays: June 17th, Ft. Yargo and beach, July 22nd TBD, July 29th Milledge Mile

Coach Whitney McMullan [wmcmullan@wcalions.org](mailto:wmcmullan@wcalions.org)

Coach Josh Roberts [jroberts@wcalions.org](mailto:jroberts@wcalions.org)

**Tuesdays, 6:30-8pm**  
Spec Towns Track  
100 Pinecrest Dr. &  
Lumpkin St.



**Thursdays, 6-7pm**  
Botanical Gardens  
2450 S. Milledge Ave.  
White/Orange Trails  
Intersection

