

WEDNESDAY NIGHT Foothill Flyers Fun Runs

All Adults Welcome...walk, jog, or run

Meet at 6:00 p.m. at REI parking lot – NE corner, Santa Anita and Santa Clara, Arcadia

Date	Name of Run	Restaurant & Details
Apr 3 10 17 24	Mt Trail/Mary's Market Yoshi's Run <i>*Meeting Night & Elections*</i> Singingwood Mt Wilson Trail	Copper Still Grill - 610 S Myrtle, Monrovia BYO dinner, drink and chair in the REI parking lot Pizza night at Chez REI – BYO drinks & chair BYO dinner & meet at Mt Wilson Trail Park on Mira Monte Ave at Mountain Trail Ave, Sierra Madre
May 1 8 15 22 29	Arboretum Loop Yoshi's Run <i>*Meeting Night*</i> Hillcrest Mt Trail/Mary's Market Cloverleaf Trail Loop	Nano Café – 322 W Sierra Madre, Sierra Madre BYO dinner, drink and chair in the REI parking lot Pizza Night at Chez REI – BYO drinks and chair The Gastropub – 3562 E Foothill, Pasadena BYO dinner & meet at Steve and Liz's home, 436 W Scenic Dr, Monrovia

Runs are 4- to 7-miles with shortcuts depending on individual pace and return to REI by 7:30p; dinner at 8:00p. Meet at 6:00p then run starts at 6:15p from the REI parking lot unless otherwise noted with an asterisk* such as on the last Wednesday of the months of April through September when we run a local mountain trail. If a trail is closed, we run from REI and picnic in the parking lot after. Rain? Meet at REI at 6:15 p.m. to decide whether to run or go to dinner at 6:30p; if meeting night, dinner at 7:30p.

Route sheets and maps available on the club web site: www.foothillflyers.org/funruns.html, or see **Scott Cline** in the parking lot.

Meetings start at 7:30 p.m. in the REI parking lot on the 2nd Wednesday of each month. Annual dues are \$35 from the date signed and payment is made good to Dec 31st of the year per adult member. Dues are \$15 for those joining Oct 31st through Dec 31st.

UPCOMING CLUB RACES, MAJOR RACES, AND EVENTS

Check the Club web site Race Reviews, the rack at REI or *Run With Us* for applications and in *Competitor* or *Race Place*.

Apr 6	Santa Anita Derby Day 5K	www.derbyday5k.com
Apr 13	Great Race 5/10K/10.3Mi/Half Marathon	www.greatrace.com
May 4-5	Hoag OC Marathon Running Festival Marathon	www.ocmarathon.com
May 5	Verdugo Mountains 10K	www.runtheverdugos.com
May 18	Kid-Fit Family Fun Run 5K <i>Team pricing code for Foothill Flyers: 2024FFlyers</i>	www.runsignup.com/Race/CA/SouthElMonte/KIDFIT5K
May 25	Mt Wilson Trail Race	www.mountwilsontrailrace.com
May 26	Pasadena Team Relay/Solo/10K	www.pasadenarunningcompany.com
May 27	La Canada Fiesta Days 10/5K	www.runsignup.com
Jun 12	Griffith Park Trail Marathon/Relay/8K	www.griffithparkmarathonrelay.com
Jul 26	Pasadena SoCal Summer 12/6K	www.pasadenarunningcompany.com
Aug 3	Angeles Crest 100 Mi Endurance Run	www.ac100.com
Aug 17	Bulldog Ultra 50/25K	www.ultrasignup.com
Sep 2	Mt Baldy Run-to-the-Top	www.run2top.com
Oct 20	Pasadena Trail Half/10/5K	www.pasadenarunningcompany.com
<p><i>Answer: Jockey Robert is seated front row far right in the purple and yellow silks. Louisiana, 1974</i></p>		

* Popular or special events in the club # Reviewed on web site, www.foothillflyers.org

Have a favorite run coming up you want listed? Send the date, name, distance & web to Leslie Hallimore before the last Wednesday of the month @ editor@foothillflyers.org