

### 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
Dec 4 11 18 25	Mary's Market/Mountain Trail Yoshi's Run <b>*Meeting Night*</b> <b>*Hastings Ranch Xmas Lights Run*</b> <b>Christmas – No run</b>	Basil Thai – 410 E Huntington, Arcadia Copper Still Grill – 610 S Myrtle, Monrovia Party at Gastropub – 3562 E Foothill, Pasadena
Jan 1 8 15 22 29	<b>New Year's Day – No run</b> Yoshi's Run <b>*Meeting Night*</b> Singingwood Arboretum Loop Hillcrest	Nano Café – 322 W Sierra Madre Blvd, Sierra Madre Gastropub – 3562 W Sierra Madre Blvd, Sierra Madre Basil Thai – 410 W Huntington, Arcadia Copper Still Grill - 610 S Myrtle, 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](http://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 2<sup>nd</sup> Wednesday of each month. Membership is \$35/year Jan 1 – Sep 30; \$15 if joining Oct 1 – Dec 31, covering membership to Dec 31.

#### 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.

Dec 7	High Desert Ridgecrest Ultra 50/30K	<a href="http://othtc.com/ultra">othtc.com/ultra</a>
Dec 14	A Charlie Brown Christmas 5/10K	<a href="http://runsignup.com">runsignup.com</a>
Dec 14-15	Holiday Half Marathon/5K	<a href="http://runholidayhalf.com">runholidayhalf.com</a>
Dec 15	Santa Runs Griffith Park 10/5K	<a href="http://racewire.com">racewire.com</a>
Dec 18	Club Christmas Lights Run	<a href="http://foothillflyers.org/pdf%20files/DCLroute2023.pdf">foothillflyers.org/pdf%20files/DCLroute2023.pdf</a>
Dec 24	Christmas Eve Morning Clamshell Run	<a href="http://foothillflyers.org/reviews/clamshell.html">foothillflyers.org/reviews/clamshell.html</a>
Jan 1	Rose Parade Float Walk	<a href="http://foothillflyers.org/reviews/float.html">foothillflyers.org/reviews/float.html</a>
Jan 5	Griffith Park Resolution Run Half/12/5K	<a href="http://rayenduranceevents.com">rayenduranceevents.com</a>
Jan 11	Avalon Benefit 50 Mi/50K	<a href="http://avalon50.com">avalon50.com</a>
Jan 19	Rose Bowl Half Marathon/5K	<a href="http://mccourtfoundation.org">mccourtfoundation.org</a>
Jan 26	Calico 50/30K Trail Run	<a href="http://calicotrailrun.com">calicotrailrun.com</a>
Jan 26	Mt Hollywood 12/8/5K Trail Run/Hike	<a href="http://mthollywoodtrailrun.com">mthollywoodtrailrun.com</a>
Feb 2	Surf City Marathon/Half Marathon	<a href="http://runsurfcity.com">runsurfcity.com</a>
Feb 2	LA Chinatown Firecracker 10/5K	<a href="http://firecracker10k.com">firecracker10k.com</a>
Mar 16	Los Angeles Marathon	<a href="http://lamarathon.com">lamarathon.com</a>
Apr 5	Santa Anita Derby Day 5K	<a href="http://derbyday5k.com">derbyday5k.com</a>
Apr 5	Great Race Agoura Half Marathon/10.3Mi/10/5K	<a href="http://greatrace.com">greatrace.com</a>
Jun 1	Marine Corps 7K Obstacle & Mud Run	<a href="http://pendleton.usmc-mccs.org">pendleton.usmc-mccs.org</a>

\* Popular or special events in the club # Reviewed on web site, [www.foothillflyers.org](http://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](mailto:editor@foothillflyers.org)**