

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
Jul 7	Arboretum	Copper Still Grill – 610 S Myrtle, Monrovia – 626-239-6482
14	Yoshi's Run <i>*Meeting Night*</i>	BYO dinner, drink and chair – REI parking lot
21	Hillcrest	Pizza night in the REI parking lot – BYO drink and chair
28	Flint Canyon/Hahamongna	BYO dinner, drink & chair – Meet south side of Hahamongna Park, 4550 Oak Grove Dr, Pasadena
Aug 4	Mt Trail/Mary's Market	Numero Uno – 3562 E Foothill, Pasadena – 626-577-1723
11	Yoshi's Run <i>*Meeting Night*</i>	BYO dinner, drink and chair – REI parking lot
18	Brewsky Bruckner's Run	Start/finish at Pacific Plate Brewery – 1999 S Myrtle, Monrovia
25	El Prieto Trail/Hahamongna	BYO dinner, drink & chair – Meet north side of Hahamongna Park, 4550 Oak Grove Dr, Pasadena

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. Membership is \$25/year Jan 1 – Sep 30; \$10 Oct 1 – Dec 31, covering membership to Mar 31 of the next year.

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.

If you are interested in any of the runs below, remember President Ronald Reagan's famous quote, "Trust, but verify."

Jul 2	JP Blecksmith Memorial Virtual 5K	www.jpblecksmith.org
Jul 5	La Canada Fiesta Days 10/5K	www.ymcafoothills.org
Jul 10	CANCELLED - Angeles National Forest 60/50/25K	www.anfrailrace.com
Jul 24	Elder Creek Trail Night 50/30K/Half	www.ultrasignup.com
Aug 7	CANCELLED - Angeles Crest 100 Mile Endurance Run	www.ac100.com
Sep 6	Mt Baldy Run-to-the-Top 7 Mi	www.ultrasignup.com
Sep 11	Surf City Marathon/Half Marathon	www.runsurfcity.com
Oct 9-10	Long Beach Marathon/Half Marathon	www.runlongbeach.com
Oct 9	Catalina Island Marathon/10/5K	www.catalinaislandmarathon.com
Oct 9-10	Long Beach Marathon/Half Marathon	www.runlongbeach.com
Oct 16	Mt Wilson 8.6 Trail Race	www.mountwilsontrailrace.com
Oct 16	Spacerock Half Marathon/10/5K	www.spacerocktrailrace.com
Nov 6-7	Orange County Marathon	www.ocmarathon.com
Nov 7	LA Marathon	www.lamarathon.com
Nov 13	Catalina Half/10K	www.runcatalina.com
Jan 8	Avalon Benefit 50M/50K	www.avalon50.com
Apr 9	Santa Anita Derby Day 5K	www.derbyday5k.com

** 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 Hallimor before the last Wednesday of the month @ hallimizzi@gmail.com