

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
Nov		
1	Hillcrest	Orchid Thai – 1311 S Baldwin, Arcadia – 821-2099
8	Yoshi's Run <i>*Meeting Night*</i>	Los Gueros – 313 W Huntington, Monrovia – 358-0200
15	Arboretum	Steer and Ale – 3644 E Foothill, Pasadena – 577-1723
22	Singingwood	Numero Uno – 3562 E Foothill, Pasadena – 577-1723
29	Mountain Trail/Mary's Store	Mt Lowe Brewing Co – 150 E Joseph, Arcadia – 244-7593
Dec		
6	Hillcrest	Orchid Thai – 1311 S Baldwin, Arcadia – 821-2099
13	Yoshi's Run <i>*Meeting Night*</i>	Los Gueros – 313 W Huntington, Monrovia – 358-0200
20	Christmas Lights Tour & Club Party	Numero Uno – 3562 E Foothill, Pasadena – 577-1723
27	Mt Trail / Rose Parade Float Night	Mt Lowe Brewing Co – 150 E Joseph, Arcadia – 244-7593

Runs are 4- to 7-miles with shortcuts depending on individual pace and return to REI by 7:30 p.m.; dinner at 8:00 p.m. Start is from the REI parking lot unless otherwise specified with an asterisk* such as on the last Wednesday of the months of April through September 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 6:30; if meeting night, dinner at 7:30 p.m.

Route sheets and maps available on the club web site - www.foothillflyers.org - 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.

Weekend Warriors runs on various local mountain trails most Saturdays and also occasional bike rides. For more information go to www.foothillflyers.org/ww.html

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."

Nov 4	Revel Canyon City Marathon/Half Marathon	www.runrevel.com
Nov 12	Hozer's Bench Dedication Griffith Park	www.foothillflyers.org/hozersbenc.html
*# Nov 18	Catalina Eco Marathon/Half/10K	www.sangabrielcity.com/530/Turkey-Trot
*# Nov 18	San Gabriel Turkey Trot 5/10K	Club Event
*# Nov 24	Foothill Flyers Turkey Burner	www.sptigerrun.com
# Dec 2	So Pasadena Tiger Run 10/5K	www.othtc.com
*# Dec 3	OTHTC High Desert 50/30K Trail Run	www.runholidayhalf.com
Dec 9-10	Pomona Holiday Half Marathon & 5K	Club Event
*# Dec 20	Flyers Hastings Ranch Christmas Lights & Club Party	Club Event
*# Dec 24	Flyers Christmas Eve Morning Clamshell Trail Run	Club Event
*# Dec 31	Flyers New Year's Eve Morning Noiz Indian Trail Run	Club Event
*# Jan 1	Flyers Rose Parade Float Walk	www.avalon50.com
*# Jan 20	Avalon 50K 50 M Run	www.pasadenahalf.com
Jan 21	Pasadena Half Marathon/5K	www.calicotrailrun.com
# Jan 21	Calico Trail 30/50K	www.laparksfoundation.com
Jan 28	Griffith Park Run Half Marathon/5K	www.firecracker10k.org
*# Feb 25	LA Chinatown Firecracker 10/5K	www.spectrumsportsevents.com
*# Mar 10	Catalina Marathon	www.lamarathon.com
*# Mar 18	Los Angeles Marathon/10/5K	www.valenciatrailrace.com
*# Mar 24	Great Race of Agoura	www.derbydays5k.com
*# Apr 7	Santa Anita Derby Days 5K	

* 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 @ hallimizzi@gmail.com