

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
May		
2	Mountain Trail/Mary's Store	Los Gueros – 313 W Huntington, Monrovia – 358-0200
9	Yoshi's Run **Meeting Night**	Steer and Ale – 3644 E Foothill, Pasadena – 577-1723
16	Arboretum	Pizza Night in the REI parking lot – BYO drink and chair
23	Singingwood	Numero Uno – 3562 E Foothill, Pasadena – 577-1723
30	Monrovia Falls	BYO dinner & meet at Grand View Park on Grand no. of Foothill in Monrovia
June		
6	Hillcrest	Mt Lowe – 150 E Joseph, Arcadia – 244-7593
13	Yoshi's Run *Meeting Night*	Nano Café – 322 W Sierra Madre, Sierra Madre – 325-3334
20	Brewsky Bruckner's	Pizza Night Pacific Plate Brewing Co – 1999 S Myrtle, Monrovia
27	Bailey Canyon Trail	BYO dinner & meet at Bailey Canyon Park on Carter Av at Grove St, Sierra Madre

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."

May 12	Fountain to the Falls 7-Mile Run/Walk	www.cityofmonrovia.org
May 27	Mountains2Beach Marathon/Half/5K	mountains2beachmarathon.com
*#May 26	Mt Wilson 8.6 Mile Trail Race	www.mountwilsontrailrace.com
May 28	La Canada Fiesta Days 10/5K	ymcafoothills.org/fiesta-days
#Jun 2	Fontana Days Half Marathon/5K	www.fontana.org
Jun 3	Griffith Park Trail Marathon Relay and 8K	griffithparkmarathonrelay.com
#Jun 16	Holcomb Valley 33/15 Mi Trail Run	www.holcombvalleytrailruns.com
Jul 4	Sierra Madre Firecracker Fun Run 5K	www.sierramadre4thofjuly.com
#Jul 7	Angeles National Forest 25/50/60K	www.anftrailrace.com
Jul 20	Pasadena Social Summer 6K/12K	pasadenarunningcompany.com
Jul 23-25	Badwater Ultramarathon 135-Mile Race	www.badwater.com
*#Aug 4	Angeles Crest 100 Mile Trail Run	www.ac100.com
Aug 25	Bulldog 50/25K Trail Run	www.trailrunnerevents.com
Sep 3	Mt Baldy Run-to-the-Top 7.1 Mile Trail Race	www.run2top.com
Oct 13	Spacerock Trail Race	www.spacerocktrailrace.com
Oct 14	INAUGURAL Revel Big Bear Marathon/Half Marathon	www.runrevel.com/rbb
Oct 28	LA Rock 'n Roll Half Marathon	www.runrockroll.com
*#Nov 17	Catalina Eco Half Marathon/10K	www.runcatalina.com
*#Nov 17	San Gabriel Turkey Trot 10/5K	www.sangabrielcity.com
#Dec 1	So Pasadena Tiger Run 10/5K	www.sptigerrun.com
*#Dec 2	OTHTC High Desert 50/30K Trail Run	www.othtc.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 Hallimore before the last Wednesday of the month @ hallimizzi@gmail.com