

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
Oct		
4	Arboretum	Numero Uno – 3562 E Foothill, Pasadena – 577-1723
11	Yoshi's Run *Meeting Night*	BYO dinner, drink and chair – REI parking lot
18	Singingwood	Pizza night in the REI parking lot – BYO drink and chair
25	Mountain Trail/Mary's Store	Mt Lowe Brewing Co – 150 E Joseph St, Arcadia – 244-7593
Nov		
1	Hillcrest	Orchid Thai – 1311 S Baldwin, Arcadia – 821-2099
8	Yoshi's Run *Meeting Night*	Los Gueros – 313 W Huntington, Monrovia – 358-0200
15	Arboretum	Steer & 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 St, 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 6:30p; if meeting night, dinner at 7:30p.

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/www.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."

Oct 15	Spacerock Trail Race Half Marathon/10/5K	www.spacerocktrailrace.com
Oct 29	LA Rock 'n Roll Half Marathon	www.runrockroll.com
Nov 4	Revel Canyon City Marathon/Half Marathon	www.runrevel.com
*# Nov 18	Catalina Eco Marathon/Half/10K	www.runcatalina.com
*#Nov 18	San Gabriel Turkey Trot 5/10K	www.sangabrielcity.com/530/Turkey-Trot
*#Nov 24	Foothill Flyers Turkey Burner	Club Event
#Dec 2	So Pasadena Tiger Run 10/5K	www.sptigerrun.com
*#Dec 3	OTHTC High Desert 50/30K Trail Run	www.othtc.com
Dec 9-10	Pomona Holiday Half Marathon & 5K	www.runholidayhalf.com
*#TBD	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 Morning Noiz Indian Trail Run	Club Event
*#Jan 1	Flyers Rose Parade Float Walk	Club Event
*#Jan 20	Avalon 50K 50 M Run	www.avalon50.com
Jan 21	Pasadena Half Marathon/5K	www.pasadenahalf.com
#Jan 21	Calico Trail 30/50K	www.calicotrailrun.com
Jan 28	Griffith Park Run Half Marathon/5K	www.laparksfoundation.com
*#Feb 25	LA Chinatown Firecracker 10/5K	www.firecracker10k.org
*#Mar 10	Catalina Marathon	www.spectrumsportsevents.com
*#Mar 18	Los Angeles Marathon/10/5K	www.lamarathon.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