

**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
<b>Jan</b>		
2	Arboretum	Nano Café – 322 W Sierra Madre, Sierra Madre – 325-3334
9	Yoshi's Run <i>*Meeting Night*</i>	Orchid Thai – 1311 S Baldwin, Arcadia – 821-2099
16	Hillcrest	Steer N' Ale – 3644 E Foothill, Pasadena – 796-2278
23	Mt Trail/Mary's Market	Numero Uno – 3562 E Foothill, Pasadena – 577-1723
30	Singingwood	Mt Lowe – 150 E Joseph St, Arcadia – 244-7593
<b>Feb</b>		
6	Arboretum	Nano Café – 322 W Sierra Madre, Sierra Madre – 325-3334
13	Yoshi's Run <i>*Meeting Night*</i>	Orchid Thai – 1311 S Baldwin, Arcadia – 821-2099
20	Hillcrest	Los Gueros – 313 W Huntington, Monrovia – 358-0200
27	Mt Trail/Mary's Market	Numero Uno – 3562 E Foothill, Pasadena – 577-1723

**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 \$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](http://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."*

*#Jan 12	Avalon50K/50M Run	<a href="http://www.avalon50.com">www.avalon50.com</a>
Jan 20	Pasadena Half/5K	<a href="http://www.pasadenahalf.com">www.pasadenahalf.com</a>
Jan 2	Griffith Park 50K/Marathon/Half Marathon	<a href="http://www.griffithparktrailmarathon">www.griffithparktrailmarathon</a>
Feb 1-3	Surf City Marathon/Half	<a href="http://www.motivrunning.com">www.motivrunning.com</a>
#Feb 3	Calico Trail 50/30K	<a href="http://www.calicotrailrun.com">www.calicotrailrun.com</a>
*#Feb 16-17	LA Chinatown Firecracker 10/5K	<a href="http://www.firecracker10k.org">www.firecracker10k.org</a>
Mar 2	Griffith Park 50K/Marathon/Half Marathon	<a href="http://www.laparksfoundation.com">www.laparksfoundation.com</a>
*# Mar 10	Catalina Island Marathon/10K	<a href="http://www.spectrumsportsevents.com">www.spectrumsportsevents.com</a>
*#Mar 24	Los Angeles Marathon/10/5K	<a href="http://www.lamarathon.com">www.lamarathon.com</a>
*#Apr 6	Great Race of Agoura	<a href="http://www.valenciatrailrace.com">www.valenciatrailrace.com</a>
*#Apr 6	Santa Anita Derby Day 5K	<a href="http://www.derbyday5k.com">www.derbyday5k.com</a>
*# May 4	Wild Wild West 50M/50K/Marathon/10M	<a href="http://www.lonepinechamber.org">www.lonepinechamber.org</a>
#May 5	Verdugo Mt Trail Run & Hike	<a href="http://www.runtheverdugos.com">www.runtheverdugos.com</a>
May 27	Fountain to the Falls 6.38-Mile RunWalk	<a href="http://www.cityofmonrovia.org">www.cityofmonrovia.org</a>
*#May 25	Mt Wilson 8.6M Trail Race	<a href="http://www.mountwilsontrailrace.com">www.mountwilsontrailrace.com</a>
May	La Canada Fiesta Days	<a href="http://www.ymcafoothills.org/fiesta-days">www.ymcafoothills.org/fiesta-days</a>
Jun 2	Griffith Park Trail Marathon Relay and 8K	<a href="http://www.griffithparkmarathonrelay.com">www.griffithparkmarathonrelay.com</a>
#Jun 15	Holcomb Valley 33/15 Mi Trail Run	<a href="http://www.holcombvalleytrailruns.com">www.holcombvalleytrailruns.com</a>
Jul 4	Sierra Madre Firecracker Fun Run 5K	<a href="http://www.sierramadre4thofjuly.com">www.sierramadre4thofjuly.com</a>
#Jul tbd	Angeles National Forest 25/50/60K	<a href="http://www.anftrailrace.com">www.anftrailrace.com</a>
Jul 15-17	Badwater Ultramarathon 135-Mile Race	<a href="http://www.badwater.com">www.badwater.com</a>
*#Aug 3	Angeles Crest 100-Mile Trail Run	<a href="http://www.ac100.com">www.ac100.com</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 @ [hallimizzi@gmail.com](mailto:hallimizzi@gmail.com)*