

### 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
Sep 6	Hillcrest	Steer and Ale – 3644 E Foothill, Pasadena – 577-1723
13	Yoshi's Run <i>*Meeting Night*</i>	BYO dinner, drink and chair – REI parking lot
20	Bruckner's Backyard Loop	Pizza night in the REI parking lot – BYO drink and chair
27	Echo Mountain Trail	BYO dinner after run will be at Dan and Lori Stein's home, 2418 Highland Ave, Altadena – <a href="tel:626-833-1492">626-833-1492</a>
Oct 4	Arboretum	Numero Uno – 3562 E Foothill, Pasadena – 577-1723
11	Yoshi's Run <i>*Meeting Night*</i>	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 – 159 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 6:30; if meeting night, dinner at 7:30 p.m.

**Route sheets** and maps available on the club web site - [www.foothillflyers.org](http://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 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/www.html](http://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."*

Sep 16	Mt Wilson Observatory 5K	<a href="http://www.mtwilson.edu/5k">www.mtwilson.edu/5k</a>
Oct 15	Spacerock Trail Race Half Marathon/10/5K	<a href="http://www.spacerocktrailrace.com">www.spacerocktrailrace.com</a>
Oct 29	LA Rock 'n Roll Half Marathon	<a href="http://www.runrockroll.com">www.runrockroll.com</a>
Nov 4	Revel Canyon City Marathon/Half Marathon	<a href="http://www.runrevel.com">www.runrevel.com</a>
*# Nov 18	Catalina Eco Marathon/Half/10K	<a href="http://www.runcatalina.com">www.runcatalina.com</a>
*#TBD	San Gabriel Turkey Trot 5/10K	<a href="http://www.sangabrielcity.com">www.sangabrielcity.com</a>
*#Nov 24	Foothill Flyers Turkey Burner	<a href="#">Club Event</a>
#Dec 2	So Pasadena Tiger Run 10/5K	<a href="http://www.sptigerrun.com">www.sptigerrun.com</a>
*#Dec 3	OTHTC High Desert 50/30K Trail Run	<a href="http://www.othtc.com">www.othtc.com</a>
Dec 9-10	Pomona Holiday Half Marathon & 5K	<a href="http://www.runholidayhalf.com">www.runholidayhalf.com</a>
*#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	<a href="http://www.avalon50.com">www.avalon50.com</a>
Jan 21	Pasadena Half Marathon/5K	<a href="http://www.pasadenahalf.com">www.pasadenahalf.com</a>
#Jan ?	Calico Trail 30/50K	<a href="http://www.calicotrailrun.com">www.calicotrailrun.com</a>
Jan 28	Griffith Park Run Half Marathon/5K	<a href="http://www.laparksfoundation.com">www.laparksfoundation.com</a>
*#Feb 25	LA Chinatown Firecracker 10/5K	<a href="http://www.firecracker10k.org">www.firecracker10k.org</a>
*#Mar 10	Catalina Marathon	<a href="http://www.spectrumsportsevents.com">www.spectrumsportsevents.com</a>
*#Mar 18	Los Angeles Marathon/10/5K	<a href="http://www.lamarathon.com">www.lamarathon.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)*