

### 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>Mar</b> |                                     |  |
| 7          | Mountain Trail/Mary's Store         | Steer & Ale – 3644 E Foothill, Pasadena – 577-1723   |
| 14         | Yoshi's Run <i>*Meeting Night*</i>  | Numero Uno – 3562 E Foothill, Pasadena – 577-1723  |
| 21         | Arboretum                           | Mt Lowe Brewing Co – 150 E Joseph St, Arcadia – 244-7593   |
| 28         | Singingwood                         | Nano Café – 322 W Sierra Madre, Sierra Madre – 325-3334  |
| <b>Apr</b> |                                     |  |
| 4          | Hillcrest                           | PizzaRev – 3455 E Foothill Blvd, Pasadena – 351-3202   |
| 11         | Yoshi's Run <i>*Election Night*</i> | Orchid Thai – 1311 S Baldwin, Arcadia – 821-2099   |
| 18         | Bruckner's Loop                     | Pizza Night in the REI parking lot – BYO drink and chair   |
| 25         | Mt Wilson Trail                     | <b>BYO dinner &amp; meet at Mt Wilson Trail park on Mira Monte Av at Mountain Trail Av, Sierra Madre</b> |

**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/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."*

|           |   |  |
|-----------|---|--|
| *#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>                               |
| *#Mar 24  | Great Race of Agoura                        | <a href="http://www.valenciatrailrace.com">www.valenciatrailrace.com</a>                 |
| *#Apr 7   | Santa Anita Derby Days 5K                   | <a href="http://www.derbyday5k.com">www.derbyday5k.com</a>                               |
| Apr 14    | Leona Divide 50K                            | <a href="http://www.leonadivide5050.com">www.leonadivide5050.com</a>                     |
| May 5&6   | Orange County Marathon/Half/5K              | <a href="http://www.ocmarathon.org">www.ocmarathon.org</a>                               |
| *#May 5   | Wild Wild West 50 Mi/50K/Marathon/10 Mi     | <a href="http://www.lonepinechamber.org">www.lonepinechamber.org</a>                     |
| #May 6    | Verdugo Mt Trail Run and Hike               | <a href="http://www.runtheverdugos.com">www.runtheverdugos.com</a>                       |
| May 12    | Fountain to the Falls 7-Mile Run/Walk       | <a href="http://www.cityofmonrovia.org">www.cityofmonrovia.org</a>                       |
| May 27    | Mountains2Beach Marathon/Half/5K            | <a href="http://www.mountains2beachmarathon.com">www.mountains2beachmarathon.com</a>     |
| *#May 26  | Mt Wilson 8.6 Mile Trail Race               | <a href="http://www.mountwilsontrailrace.com">www.mountwilsontrailrace.com</a>           |
| May 28    | La Canada Fiesta Days 10/5K                 | <a href="http://www.ymcafoothills.org/fiesta-days">www.ymcafoothills.org/fiesta-days</a> |
| #Jun 2    | Fontana Days Half Marathon/5K               | <a href="http://www.fontana.org">www.fontana.org</a>                                     |
| Jun 3     | Griffith Park Trail Marathon Relay and 8K   | <a href="http://www.griffithparkmarathonrelay.com">www.griffithparkmarathonrelay.com</a> |
| #Jun 16   | 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 7    | Mt Disappointment 25/50K                    | <a href="http://www.mtdisappointment50k.com">www.mtdisappointment50k.com</a>             |
| Jul 23-25 | Badwater Ultramarathon 135-Mile Race        | <a href="http://www.badwater.com">www.badwater.com</a>                                   |
| *#Aug 4   | Angeles Crest 100 Mile Trail Run            | <a href="http://www.ac100.com">www.ac100.com</a>   |
| Aug 25    | Bulldog 50/25K Trail Run                    | <a href="http://www.trailrunnerevents.com">www.trailrunnerevents.com</a>                 |
| Sep 3     | Mt Baldy Run-to-the-Top 7.1 Mile Trail Race | <a href="http://www.run2top.com">www.run2top.com</a>                                     |
| Oct 13    | Spacerock Trail Race                        | <a href="http://www.spacerocktrailrace.com">www.spacerocktrailrace.com</a>               |
| Oct 28    | LA Rock 'n Roll Half Marathon               | <a href="http://www.runrockroll.com">www.runrockroll.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)*