

## 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>Feb</b> |                                    |  |
| 1          | Singingwood                        | Basil Thai – 411 E Huntington Dr, Arcadia – 447-8845       |
| 8          | Yoshi's Run <i>*Meeting Night*</i> | Los Gueros – 313 W Huntington, Monrovia – 358-0200         |
| 15         | Hillcrest                          | Steer & Ale – Foothill, Pasadena – 796-2278                |
| 22         | Arboretum                          | Rigo's Mexican Restaurant – 457 W Foothill, Mon – 599-9071 |
| 29         | Mountain Trail / Mary's Store      | Numero Uno – 3562 E Foothill, Pasadena – 577-1723          |
| <b>Mar</b> |                                    |  |
| 7          | Singingwood                        | Basil Thai – 411 E Huntington Dr, Arcadia – 447-8845       |
| 14         | Yoshi's Run <i>*Meeting Night*</i> | Los Gueros – 313 W Huntington, Monrovia – 358-0200         |
| 21         | Hillcrest                          | Steer & Ale – Foothill, Pasadena – 796-2278                |
| 28         | Arboretum                          | Rigo's Mexican Restaurant – 457 W Foothill, Mon – 599-9071 |

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 \$20/year for the first household adult member and \$10 for each additional member at the same address, present through March 2012.

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."*

|             |   |  |
|-------------|---|--|
| *# Feb 12   | LA Firecracker 10K/5K                     | <a href="http://www.firecracker10k.org">www.firecracker10k.org</a>             |
| *#Mar 10    | Catalina Marathon/10K/5K                  | <a href="http://www.spectrumsports.net">www.spectrumsports.net</a>             |
| Mar 10      | Way Too Cool 50K – Sold Out               | <a href="http://www.wtc50k.com">www.wtc50k.com</a>                             |
| Mar 18      | Los Angeles Marathon/5K/Bike Tour         | <a href="http://www.lamarathon.com">www.lamarathon.com</a>                     |
| *#Mar 24    | Great Race of Agoura Half Marathon/10K/5K | <a href="http://www.greatraceofagoura.com">www.greatraceofagoura.com</a>       |
| Mar 25      | Wine Country Half Marathon/5K             | <a href="http://www.winecountryruns.com">www.winecountryruns.com</a>           |
| Apr 1       | Carlsbad 5000                             | <a href="http://www.carlsbad500.com">www.carlsbad500.com</a>                   |
| *#Apr 7     | Santa Anita Derby Days 5K                 | <a href="mailto:www.info@kinaneevents.com">www.info@kinaneevents.com</a>       |
| Apr 14      | San Juan Trail 50K                        | <a href="http://www.bigbaztrailraces.com">www.bigbaztrailraces.com</a>         |
| Apr 28      | Leona Divide 50-Mile/50K                  | <a href="http://www.leonadivide.com">www.leonadivide.com</a>                   |
| #Apr 29     | Big Sur International Marathon            | <a href="http://www.bsim.org">www.bsim.org</a>                                 |
| May 5       | Wild Wild West Marathon/50k               | <a href="http://www.lonepinechamber.org">www.lonepinechamber.org</a>           |
| May 6       | Avenue of the Giants Marathon/Half/10k    | <a href="http://www.theave.org">www.theave.org</a>                             |
| May 19      | Palos Verdes Half Marathon/5K             | <a href="http://www.palosverdes.com/marathon">www.palosverdes.com/marathon</a> |
| *#May 20    | Bay to Breakers 12k                       | <a href="http://www.baytobreakers.com">www.baytobreakers.com</a>               |
| #May 26     | Mt Wilson 8.6 Mile Trail Run              | <a href="http://www.mountwilsontrailrace.com">www.mountwilsontrailrace.com</a> |
| #Jun 3 & 10 | Marine Corp Mud Run                       | <a href="http://www.camppendletonraces.com">www.camppendletonraces.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)**

*Fun Runs every Wednesday at 6:00 p.m. from REI parking lot at Santa Anita and Santa Clara in Arcadia. Come to run or walk; stay to eat and schmooze.*