

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
Aug		
4	Arboretum	Basil Thai – 411 E Huntington Dr, Arcadia – 447-8845
11	Yoshi's Run *Meeting Night*	Surprise dinner in the REI parking lot – BYO chair
18	Bruckner's Backyard Loop	Pizza Night in the REI parking lot – BYO chair
25*	Echo Mountain Trail (Meet at top of Lake Ave., Pasadena)	Bring your own picnic dinner and chair
Sep		
1	Mountain Trail / Mary's Store	Basil Thai – 411 E Huntington Dr, Arcadia – 447-8845
8	Yoshi's Run *Meeting Night*	Surprise dinner in the REI parking lot – BYO chair
15	Singingwood	Pizza Night in the REI parking lot – BYO chair
22	Hillcrest	Los Gueros, 313 W. Huntington, Monrovia – 358-0200
29*	Microwave Site Trail (Meet at Chantry Flats picnic area, top of Santa Anita)	Bring your own picnic dinner and chair

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 - or see Scott 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 \$20/year for the first household adult member and \$10 for each additional member at the same address, present through March 2011.

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 the old Russian proverb, "Trust, but verify."

*#Aug 7	Mt Disappointment 30K/50K Trail Race	www.mtdisappointment50k.com	626-836-8950
#Aug 15	America's Finest City Half Marathon, SD	www.afchalf.com	760-692-2900
#Aug 21	Bulldog 50K/25K, Malibu Creek State Park	www.trailrunevents.com	805-495-2248
#Aug 21	Where's Waldo 100K	www.wpsp.org/ww100k	
*#Aug 28	Angeles Crest 100 Mile Trail Race	www.ac100.com	
#Aug 28	Lake Legg Menudo 5K/10K	www.raceplace.com	951-544-1446
Sep 5	Los Pabladores Historic Walk	www.lacity.org/birthday	
#Sep 5	Disney Half Marathon	www.disneyworldsports.com	407-938-3398
*#Sep 6	Mt. Baldy Run-To-The-Top 8-Miles, 1 hill	www.run2top.com	909-946-2057
Sep 19	Maui Half Marathon	www.mauimarathon.com	
Oct 17	Long Beach Marathon	www.runlongbeach.com	562-427-4606
Oct 23-24	Javelina Jundred 100-Mile Trail Run	www.javelinajundred.com	602-361-7440
Oct 25	Dublin City Marathon	www.dublinmarathon.ie	
Oct 24	LA Rock & Roll Half Marathon	www.rnrmarathon.com	
Nov 6	Saddleback Trail Marathon	www.bigbaztrailraces.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, length(s), phone & web to Brett Terrell before the last Wednesday of the month @ 909-815-9446 or brett.terrell@aol.com