

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
Jan		
3	Arboretum	Orchid Thai – 1311 S Baldwin, Arcadia – 821-2099
10	Yoshi's Run *Meeting Night*	Los Gueros – 313 W Huntington, Monrovia – 358-0200
17	Singingwood	Steer & Ale – 3644 E Foothill, Pasadena – 577-1723
24	Hillcrest	Numero Uno – 3562 E Foothill, Pasadena – 577-1723
31	Mt Trail/Mary's Store	Mt Lowe Brewing Co – 150 E Joseph, Arcadia – 244-7593
Feb		
7	Arboretum	Nano Café – 322 W Sierra Madre, Sierra Madre – 325-3334
14	Yoshi's Run *Meeting Night*	PizzaRev – 3455 E Foothill Blvd, Pasadena – 351-3202
21	Singingwood	Orchid Thai – 1311 S Baldwin, Arcadia – 821-2099
28	Hillcrest	Los Gueros – 313 W Huntington, Monrovia – 358-0200

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 Cline** 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 \$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

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 20	Avalon 50K 50 M Run	www.avalon50.com
Jan 21	Pasadena Half Marathon/5K	www.pasadenahalf.com
#Jan 21	Calico Trail 30/50K	www.calicotrailrun.com
Jan 28	Griffith Park Run Half Marathon/5K	www.laparksfoundation.com
*#Feb 25	LA Chinatown Firecracker 10/5K	www.firecracker10k.org
*#Mar 10	Catalina Marathon	www.spectrumsportsevents.com
*#Mar 18	Los Angeles Marathon/10/5K	www.lamarathon.com
*#Mar 24	Great Race of Agoura	www.valenciatrailrace.com
*#Apr 7	Santa Anita Derby Days 5K	www.derbydays5k.com
Apr 14	Leona Divide 50K	www.leonadivide5050.com
May 5&6	Orange County Marathon/Half/5K	www.ocmarathon.org
*#May 5	Wild Wild West 50 Mi/50K/Marathon/10 Mi	www.lonepinechamber.org
#May 6	Verdugo Mt Trail Run and Hike	www.runtheverdugos.com
May 12	Fountain to the Falls 7-Mile Run/Walk	www.cityofmonrovia.org
May 27	Mountains2Beach Marathon/Half/5K	www.mountains2beachmarathon.com
*#May 26	Mt Wilson 8.6 Mile Trail Race	www.mountwilsontrailrace.com
May 28	La Canada Fiesta Days 10/5K	www.ymcafoothills.org/fiesta-days
#Jun 2	Fontana Days Half Marathon/5K	www.fontana.org
Jun 3	Griffith Park Trail Marathon Relay and 8K	www.griffithparkmarathonrelay.com
#Jun 16	Holcomb Valley 33/15 Mi Trail Run	www.holcombvalleytrailruns.com
Jul 4	Sierra Madre Firecracker Fun Run 5K	www.sierramadre4thofjuly.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, distance & web to Leslie Hallimore before the last Wednesday of the month @ hallimizzi@gmail.com