

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
Jul		
5	Hillcrest	Los Gueros – 313 W Huntington, Monrovia – 358-0200
12	Yoshi's Run *Meeting Night*	BYO dinner, drink and chair – REI parking lot
19	Brewsky Bruckner's Backyard Loop	Pizza night at Pacific Plate Brewing Company
26	Sturtevant Falls	BYO dinner and meet at Chantry Falls picnic area at the north end of Santa Anita Av
Aug		
2	Mt Trail / Mary's Store	Mt Lowe Brewing Co – 150 E Joseph St, Arcadia – 244-7593
9	Run With Us *Meeting Night*	Meet at Run With Us for run & pizza – 235 N Lake, Pasadena
16	Arboretum	Pizza night in the REI parking lot – BYO drink and chair
23	Singingwood	Orchid Thai – 1311 S Baldwin, Arcadia – 821-2099
30	Microwave Site Trail	BYO dinner and meet at Chantry Falls picnic area at the north end of Santa Anita Av

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."

Jul 4	Sierra Madre Firecracker Fun Run 5K	www.sierramadre4thofjuly.com
#Jul 8	Mt Disappointment 50/25K Endurance Race	www.mtdisappointment50k.com
Jul 9	Griffith Park Trail Relay Marathon & 8K	www.griffithparkmarathonrelay.com
Jul 10-12	Badwater Ultramarathon 135 Mi Race	www.badwater.com
*#Aug 5	Angeles Crest 100 Mile Trail Run	www.ac100.com
Aug 26	Bulldog 50/25K Trail Run	www.trailrunnerevents.com
Sep 4	Mt Baldy Run-to-the-Top 7.1 Mi Trail Race	www.run2top.com www.jspacerocktrailrace.com
Oct 15	Spacerock Trail Race	www.runrockroll.com
Oct 29	LA Rock 'n Roll Half Marathon	www.runrevel.com
Nov 4	Revel Canyon City Marathon/Half Marathon	www.runcatalina.com
*# Nov 18	Catalina Eco Marathon/Half/10K	www.sangabrielcity.com
*#TBD	San Gabriel Turkey Trot 5/10K	www.sangabrielcity.com
*#Nov 24	Foothill Flyers Turkey Burner	Club Event
#Dec 2	So Pasadena Tiger Run 10/5K	www.sptigerrun.com
*#Dec 3	OTHTC High Desert 50/30K Trail Run	www.othtc.com
Dec 9-10	Pomona Holiday Half Marathon & 5K	www.runholidayhalf.com
*#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

* 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