

**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 1	Singingwood	Los Gueros – 313 W Huntington, Monrovia – 358-0200
8	Yoshi's Run <i>*Meeting Night*</i>	Steer and Ale – 3644 E Foothill, Pasadena – 577-1723
15	Hillcrest	Pizza Night in the REI parking lot – BYO drink and chair
22	Bruckner's Backyard Loop	Numero Uno – 3562 E Foothill, Pasadena – 577-1723
29	Microwave Site Trail	BYO dinner and meet at Chantry Flats picnic area at the north end of Santa Anita Ave
Sep 5	Mt Trail / Mary's Store	Mt Lowe Brewing Co – 150 E Joseph St, Arcadia – 244-7593
12	A Snail's Pace Run <i>*Meeting Night*</i>	Meet at A Snail's Pace for run & pizza – 750 So Myrtle, Monrovia
19	Arboretum	Pizza Night in the REI parking lot – BYO drink and chair
26	Echo Mountain	BYO dinner & meet at top of Lake Ave

**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."*

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 Half/10/5K Trail Race	<a href="http://www.spacerocktrailrace.com">www.spacerocktrailrace.com</a>
Oct 14	INAUGURAL Revel Big Bear Marathon/Half Marathon	<a href="http://www.runrevel.com/rbb">www.runrevel.com/rbb</a>
Oct 28	LA Rock 'n Roll Half Marathon	<a href="http://www.runrockroll.com">www.runrockroll.com</a>
*#Nov 17	Catalina Eco Half Marathon/10K	<a href="http://www.runcatalina.com">www.runcatalina.com</a>
*#Nov 17	San Gabriel Turkey Trot 10/5K	<a href="http://www.sangabrielcity.com">www.sangabrielcity.com</a>
#Dec 1	So Pasadena Tiger Run 10/5K	<a href="http://www.sptigerrun.com">www.sptigerrun.com</a>
*#Dec 2	OTHTC High Desert 50/30K Trail Run	<a href="http://www.othtc.com">www.othtc.com</a>
Dec 9	Pomona Holiday Half Marathon & 5K	<a href="http://www.runholidayhalf.com">www.runholidayhalf.com</a>
*#Dec 19	Flyers Hastings Ranch Christmas Lights & Club Party	<b>CLUB EVENT</b>
*#Dec 24	Flyers Christmas Eve Morning Clamshell Trail Run	<b>CLUB EVENT</b>
*#Jan 1	Flyers Rose Parade Float Walk	<b>CLUB EVENT</b>
*#Jan 12	Avalon50K/50 Mi Run	<a href="http://www.avalon50.com">www.avalon50.com</a>
Jan 20	Pasadena Half/5K	<a href="http://www.pasadenahalf.com">www.pasadenahalf.com</a>
#Jan 20	Calico Trail 50/30K	<a href="http://www.calicotrailrun.com">www.calicotrailrun.com</a>
Jan 2	Griffith Park 50K/Marathon/Half Marathon	<a href="http://www.griffithparktrailmarathon">www.griffithparktrailmarathon</a>
Feb 1-3	Surf City Marathon/Half	<a href="http://www.motivrunning.com">www.motivrunning.com</a>
*#Feb 16	LA Chinatown Firecracker 10/5K	<a href="http://www.firecracker10k.org">www.firecracker10k.org</a>
Mar 2	Griffith Park 50K/Marathon/Half Marathon	<a href="http://www.laparksfoundation.com">www.laparksfoundation.com</a>
*# Mar 10	Catalina Island Marathon/10K	<a href="http://www.spectrumsportsevents.com">www.spectrumsportsevents.com</a>
Mar 2	Awesome 80's 10/5K	<a href="http://www.awesome80srun.com">www.awesome80srun.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)*